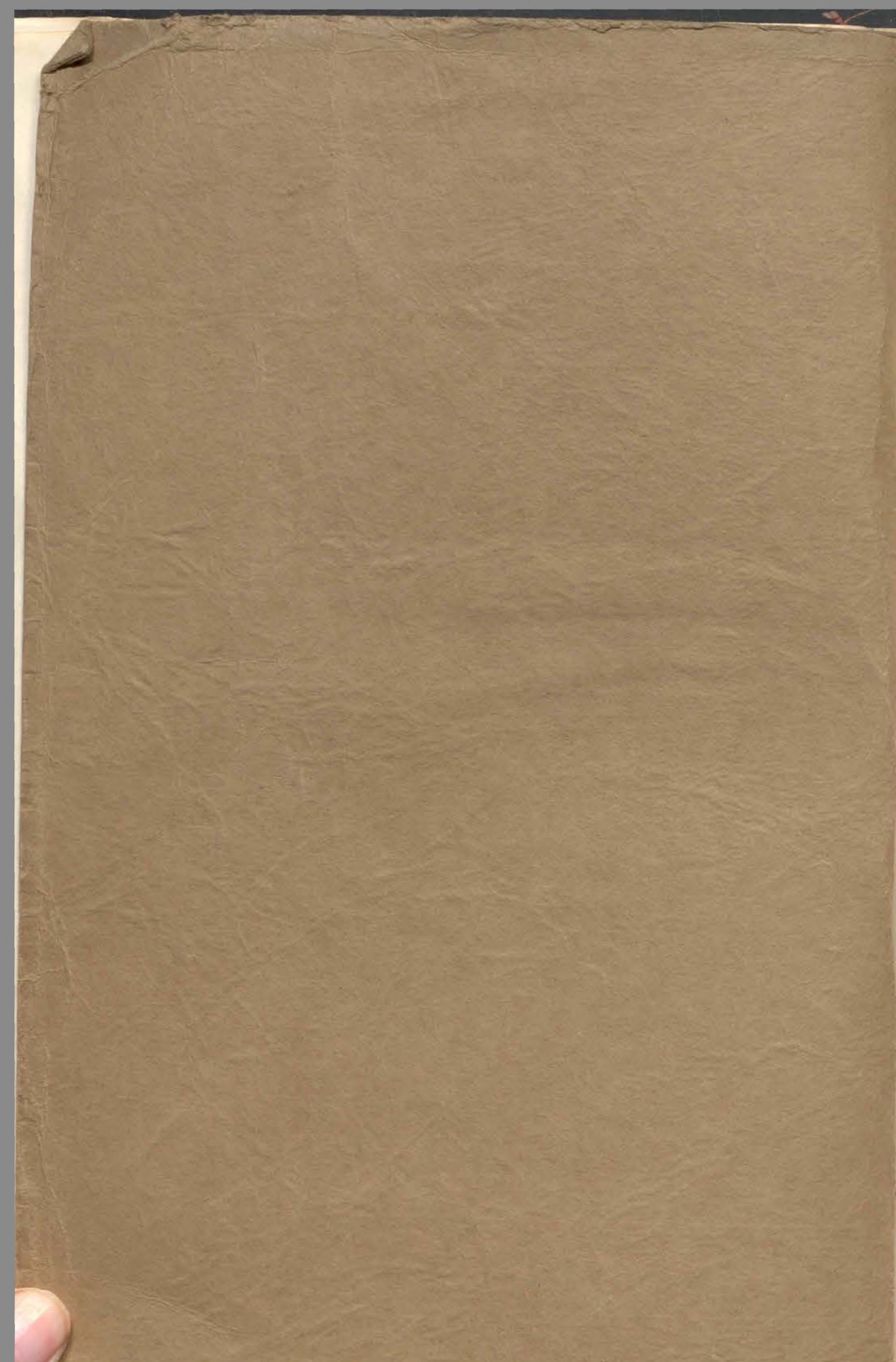

The New
Personal Liberty Course
for Men

By
HARRY J. GARDENER

36th Edition



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THE NEW PERSONAL LIBERTY COURSE is the only Course on the market dealing with the problems of men which actually works without exercising faith. Faith will materialize just as soon as results make their appearance.

ENTHUSIASM for SELF-IMPROVEMENT — Physical, Mental, Spiritual and Financial — is all that is required.

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By

HARRY J. GARDENER

total strangers upon meeting the man will be cognizant of the fact that he is different. By the aid of THE NEW PERSONAL LIBERTY COURSE it requires no more effort to live on the upward path than it does to exist on the downward trail; it takes no more effort to think truth than it does to think error; it is no harder to breathe correctly than to breathe incorrectly; therefore, to become healthy, successful, influential, dynamic, magnetic is to simply change from one path to another. There isn't much one has to practice, it is much more simpler than that--it is a change from the negative to the positive; it is as simple as turning on the light to dispel darkness.

There are certain portions of THE NEW PERSONAL LIBERTY COURSE that would be of little or no value if they were made the common property of all men. Not that anywhere in the Course are you instructed on how to take advantage of your fellow-man, but it would be as if every one should suddenly come upon a simple process of making gold out of some very common metal such as lead or iron--gold then would be on the same level commercially as lead or iron and would not be worth carrying home. If everyone should suddenly become aware of a simple way of transmuting common glass into beautiful gems, jewels would have only the value of scrap glass. At the present time only a few are willing to put forth any effort in a financial way to better their conditions; they are the only ones, then, entitled to health, love, wealth, and happiness. For you who are awake and alert there is no competition on the high-road of success; just enough friendly travelers to make the journey ultra-delightful.

This is the 36th edition of THE NEW PERSONAL LIBERTY COURSE. It has been the aim of the author to incorporate from time to time new ideas, new exercises, new methods for self-improvement which he learns from time to time from incessant and continual study and research work. This edition is an improvement over all others and it is the hope of the author that his students may make the most of what it contains.

THE NEW
PERSONAL LIBERTY COURSE
FOR MEN

PART ONE

Part One of THE NEW PERSONAL LIBERTY COURSE was formerly known as "THE FEAR CRUSHER". It was a separate Course and enjoyed a wide distribution. It is made the first section of THE NEW PERSONAL LIBERTY COURSE because it has a very vital part to play in mechanically overcoming a person's greatest enemies--FEAR, TIMIDITY, BASHFULNESS, NEGATIVENESS, NERVOUSNESS, "STAGE FRIGHT" and "SHELL SHOCK".

SPECIAL NOTE: Before taking up the other parts of THE NEW PERSONAL LIBERTY COURSE you should spend four or five days on this first section; spend enough time to get the action firmly fixed in mind; be able to use it on a moments notice.

THE NEW
PERSONAL LIBERTY COURSE

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PART ONE

"THE FEAR CRUSHER"

Years ago when oratory was considered a gift with which only a chosen few were endowed I can well remember, when called upon to address an audience, the sensation, pain or ache that would take place in the "pit of the stomach". As the time for my "act" drew near it would become so severe and at the same time rise so high in my chest that by the time I actually went before my audience it almost choked me. I could hardly get enough air in my lungs to utter a half dozen words at a time. My breath as well as my speech came in short gasps accompanied by pains similar to those experienced when a blow had been dealt the pit of the stomach. All the sensations of the heart in the mouth were mine.

A day arrived, however, when it was shown me that all fear and stage fright is of a mechanical origin, set into action by a nerve center located somewhere up in the brain. I also learned that this nerve center could not, of itself, make one frightened. The only thing it could do was to start a "fear Pain" in the pit of the stomach which would automatically increase. If this nerve action was prevented from taking place no "pain"--fear--would be experienced.

The sensation of fear is caused by the motor nerves drawing up the diaphragm--the muscle of breathing. This is a large dome-shaped muscle that divides the body just above the stomach. When it is drawn up it cramps and crushes the SOLAR PLEXUS, the "body brain", which is located between the stomach and the posterior portion of this muscle. In its agony the solar plexus gives us the sensation of fear, timidity and bashfulness.

To overcome all this the sane and logical thing to do is to prevent the diaphragm from rising whenever there is an indication that such is about to take place. This anyone can quickly learn to do.

HOW TO KEEP THE DIAPHRAGM DOWN

The diaphragm is always down when normal. Whenever anything upsets our poise, such as fear, worry, excitement, remorse, timidity, pain, negativeness, bashfulness, etc., it is drawn up. It is in an abnormal position when it is elevated, for in this position the solar plexus--that tremendous nerve center--is in a crushed condition which is most disadvantageous for its normal operation. When compressed sufficiently nausea and even violent vomiting takes place.

Now, to keep the diaphragm down and as flat as possible during an emergency all one needs do is to CARRY A LITTLE MORE AIR IN THE LUNGS THAN HE HAS BEEN ACCUSTOMED TO. That is, when you feel fear coming on, quickly fill the lungs and keep them fairly full. Do not breathe out as much air as you are accustomed to expel. The second thing to do is to PUSH THE ABDOMEN OUT AND FORWARD. (see line drawings). This is very easy to learn to do; simply push out on the "stomach" until the "V" shaped space between the two sets of ribs (front of body) protrudes or bulges forward. At first this may require the pushing out of the whole abdomen from the ribs all the way down. Later on you will so completely master the technique that you can push down and forward on the diaphragm (stomach) and at the same time pull in the lower portion of the diaphragm. Once you are able to get the diaphragm well down and forward you are master of the situation from then on. Five minutes before a mirror, stripped to the waist, will make the matter very clear.

The only reason for drawing in the lower abdomen while pushing out on the upper part is to retain one's "youthful beauty". It doesn't make a man a thing of beauty to display a large abdomen.

You have probably noticed that the "skinny" man who has practically no abdomen is usually the one who is cursed with fear, timidity and bashfulness. Now let this same fellow put on flesh in the region of the abdomen and the weight of the excess flesh will so pull down on the diaphragm (and at the same time expand the ribs) that it is almost impossible for the diaphragm to rise and cause a disturbance. This man will find that as he puts on more and more flesh in the region of the lower abdomen he is less and less susceptible to fear, worry and negativeness. It is a known fact that fat men do

not worry; fear of the crowd is almost unknown to them; timidity and bashfulness to any degree is hardly ever experienced. But it is not necessary to wait until you have developed a "tummy" to eliminate fear and all its allies; it is a simple matter of keeping the diaphragm down so that the "body brain"--solar plexus--will not be disturbed.

OVERCOMING NERVOUSNESS

Whenever the diaphragm is in an elevated position the nerves radiating out from the solar plexus are immediately afflicted. When the diaphragm is permanently elevated above the normal position a chronic case of nervousness is always the result. The reason so many men these days are in a nervous, exhausted and broken-down condition mentally and physically is, sometime in the past fear or nerve shock took place sufficiently intense to cause the diaphragm to rise high and to be kept by sub-conscious action in that position. No doubt most cases of "shell shock" are nothing more than a misplaced and elevated diaphragm.

Men are prone to blame their line of work as the cause of their nervousness. They think that they are putting in too many hours or working too hard. The truth of the matter is it is not business that is killing them but it is the terrible condition the solar plexus is in all during the day and far into the night that causes all the trouble.

WORRY

Worry is always accompanied by an elevated diaphragm. In fact it would be as hard to worry without the solar plexus being crushed as it would be to breathe without a movement of the lungs. Worry takes place mostly at night when there isn't anything for the worrier to occupy himself with. But whether night or day keep from worrying by keeping the diaphragm down. It will not be an easy matter to do this if you sleep on your back. It is better to rest on the side--either side. Draw the knees up a bit and you will have no trouble in keeping the upper abdomen out.

PHYSICAL WEAKNESS

Young men, the middle-aged and old men who find that they are not strong and robust like their friends will wonder why; they will try many things and in some cases, spend much money in their endeavor to secure health "out of a bottle", but all to no avail. If you are one of this type just get that solar plexus relieved and notice the wonderful improvement you will make in no time flat.

STAGE FRIGHT

Stage fright is not permanent; it only lasts for the time the actor is on the stage or less. In the average case, as soon as the actor knows that his part will be next his sub-conscious realm of mind starts its "dirty work" of drawing up the diaphragm and of course stage fright is the result. The actor will not be himself until the tension is relieved and the solar plexus back into place. With the simple system as given in THE FEAR CRUSHER no one need ever let his diaphragm become elevated. Stage fright burns up a terrible amount of magnetism even though it lasts but a few minutes. Prevent this and you will be surprised at the added influence you will have over your audience.

SEASICKNESS

Along with anything else you wish to try for seasickness or train sickness try using THE FEAR CRUSHER. As soon as your ship or train starts put forth a big effort to keep the diaphragm well down and the belly pushed off the solar plexus. On a train, if you are already seated, it is best to stand. Go up into the vestibule of the car, get some fresh air if possible and then practice THE FEAR CRUSHER. On a ship it is easy to walk about and get fresh air while practicing this treatment. Some find it better to sit in a steamer chair slightly reclining with the knees drawn up a little. Others find it better to retire to their state room; lay on the side or back with knees well drawn up and in all cases the diaphragm well down and the stomach pushed forward. After the first hour or so at sea you are liable to find that you are complete master of the situation and are due for a most enjoyable trip.

FEAR OF WOMEN

The most terrible thing I know of is the phenomena of bashfulness the average man experiences in the company of women. The moment a women appears on the scene up goes the diaphragm; solar plexus gets the crushing of its life and the poor man stands there "red", trembling and weak, bravely attempting to appear calm but to no avail. This silly and ridiculous embarrassment can be quickly overcome within a space of time just long enough to learn the simple physical technique of THE FEAR CRUSHER.

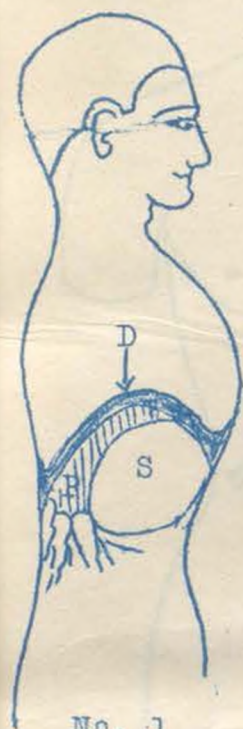
"FEAR OF THE BOSS"

When you run across a man who has fought his way to the top of his profession, overcoming all obstacles, you cannot help feeling that his experiences have made him a real man and for all real men we give due regard. This respect that we feel for big men often takes on the form of fear; this we must overcome at once. By the use of THE FEAR CRUSHER you can be absolutely cool and a complete master of self when dealing with men who have advanced mentally, financially and socially far beyond you. It is a great relief to be able to rise to the level of your superior and plan, council and discuss with him.

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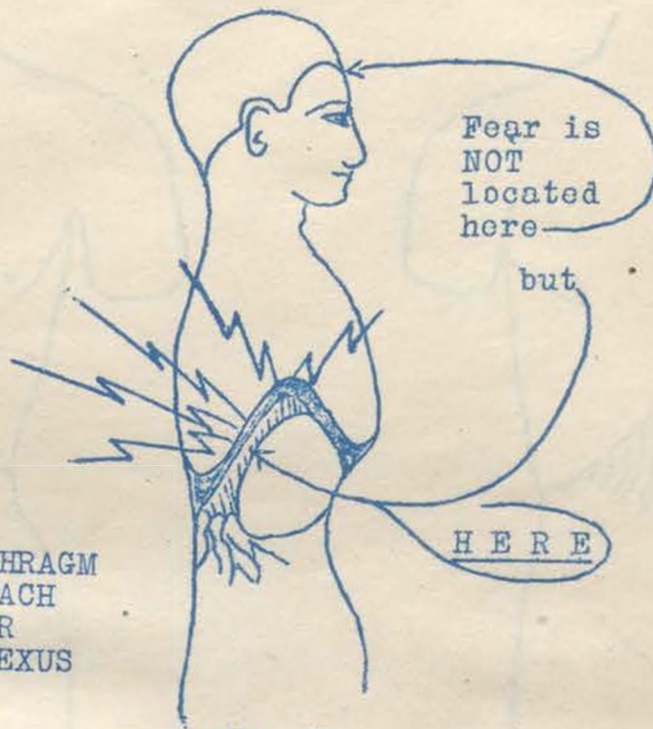
C O N C L U S I O N

Start in NOW and put this fear-eradicating plan into practice AT ONCE. In a few days it will be sub-conscious. Then you will find that you have mastered for all time man's greatest enemy--FEAR. You will be surprised to find that you have mental and physical power you never dreamed of. To be free from fear, worry, timidity and bashfulness is power itself; but to actually feel power within is not only revitalizing but is a tremendous urge to go on to great things. There really is no limit to you now. There is no limit to any man who is powerFUL and fearLESS; therefore, men, seek the heights from now on; remember they are financial, social, physical, mental and spittitual. Start NOW and in one year you will be amazed, regardless of your age, at how much you have accomplished and grown.



No. 1

"D" DIAPHRAGM
"S" STOMACH
"P" SOLAR
PLEXUS



No. 2



No. 3

This is a normal position of the DIAPHRAGM which gives the SOLAR PLEXUS or "body brain" free play. If the diaphragm is kept still lower there will be no danger at any time of experiencing the "American Disease"---N-E-R-V-E-S.

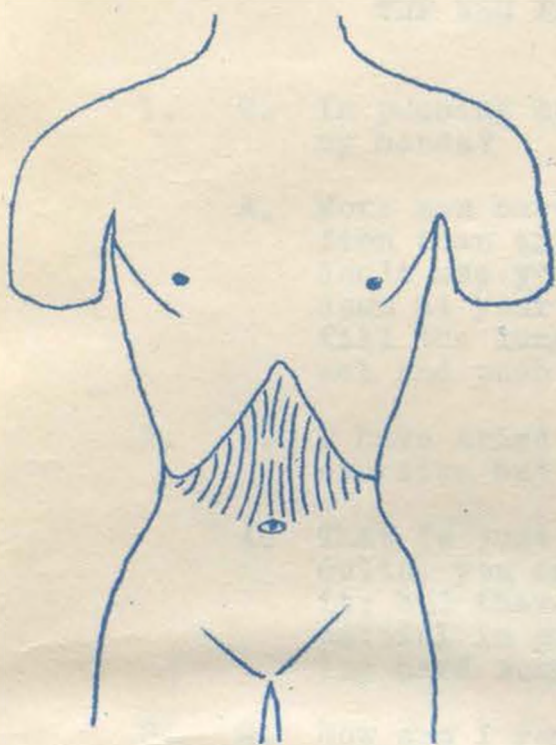
EVERY nervous person has an elevated diaphragm; slight in ordinary cases but crushing in severe cases.

This is the position of the DIAPHRAGM and the condition of the SOLAR PLEXUS, the "body brain", during fear, bashfulness, nervousness, timidity, anger, weakness, vomiting, fainting, falling, fright and death.

The SOLAR PLEXUS is crushed between the stomach and the diaphragm. If kept in this position long sever pain, cold sweats, vomiting and death would be the result.

This is also the position of diaphragm while one is under a hypnotic spell.

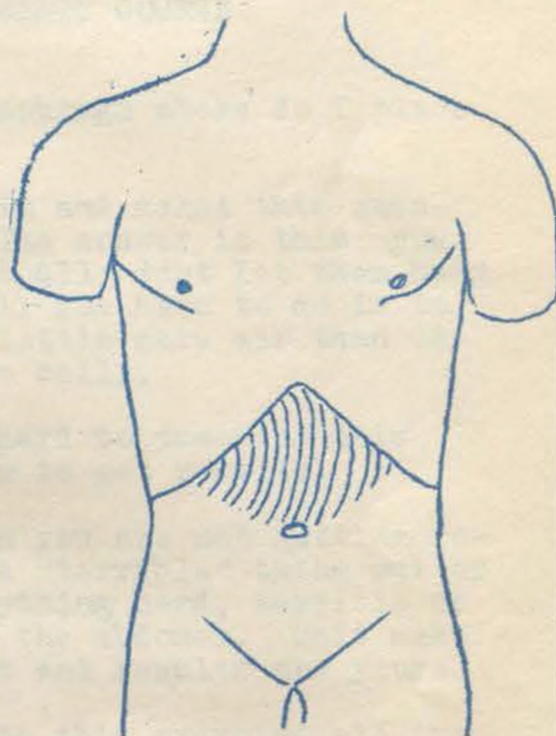
This is the position the DIA-PHRAGM should quickly take when the slightest sign of fear, timidity, bashfulness, anger, fainting and all forms of mental and physical weakness make their appearance. With a little practice this lowering and flatening of the diaphragm becomes AUTOMATIC or SUB-CONSCIOUS.



No. 4

NEGATIVE or FEAR
Position of the
Diaphragm.

This is a front view of line drawing No. 2. Note the size of the waist line; it becomes conspicuous when compared with the chest and hips. The small waist line in men nearly always indicates negativeness. Any form of exercise that will tend to enlarge the waist line and spread the ribs apart will be worth the effort a thousand times. No person is ever magnetic when the diaphragm takes on an elevated position.



No. 5

POSITIVE or POWER
Position of the
Diaphragm.

This is a front view of line drawing No. 3. The diaphragm is pushed down and forward instead of being drawn up and backward as in No. 2 and No. 4. This is the position for tremendous power and mastery of self and others. Athletes will find that this position will give them their "second wind" along with the first. It is a great aid in retaining energy.

QUESTIONS AND ANSWERS TO PART ONE
OF
THE NEW PERSONAL LIBERTY COURSE

1. Q. In pushing down the diaphragm where do I place my hands?

A. More men have written in and asked this question than any other. The answer is this; you don't use your hands at all; just let them hang down at your sides. All you have to do is to fill the lungs with a little more air than usual and push out on the belly.
2. Q. I have tried terribly hard to practice this exercise but don't seem to get results.

A. That is just the reason you are not getting results, you are making a "terrible" thing out of it; but there isn't anything hard, terrible or painful in pushing out the abdomen. Quit making hard work out of it and results are yours.
3. Q. How can I remember to do this exercise all the time?

A. You use the exercise only when required. When you feel that you are becoming nervous, timid or negative you apply the downward and outward pressure and all the sensation of fear is gone. Of course, "shell shock" cases are different; in this case the diaphragm is permanently up; to overcome this you should spend a few minutes as often as you think about it to fill the lungs a little more than usual and push down and forward on the diaphragm, belly and abdomen.
4. Q. Whenever I practice THE FEAR CRUSHER I feel little, sharp pains between my ribs.

A. This is caused by intercostal neuralgia; that is, the ribs have been set in one position for a long time and the cartilage between them, if you are over twenty-five, will have slightly ossified. As soon as the ribs are replaced for "success and power" this slight unpleasantness will disappear.

THE NEW
PERSONAL LIBERTY COURSE
FOR MEN

PART TWO

Part Two, Vital Food Facts, is a compact, intensive treatise on right living by correct eating. The effects of proper food combinations are mental, moral and physical development is set forth clearly and concisely without superficial technicality.

THE NEW
PERSONAL LIBERTY COURSE

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PART TWO

"VITAL FOOD FACTS"

The earth and its entire contents is composed of about 100 elements. The human body is composed of but 16 of these elements. The table below shows how the 16 are divided and the quantities of each. You will note that there are two divisions, basic and trace. The basic elements compose the largest part of the body and it is impossible, except for sodium and carbon, to get too much of any of them, for when the system has acquired the proper amount the balance is thrown off. The trace elements, however, are found in small, indeterminate quantities and it is the lack of these which causes most ills.

The basic elements may be compared to an automobile which is mechanically perfect. It cannot run, however, without gasoline, oil, water and electricity. The trace elements are to the body what gas, oil, water and electricity are to the automobile. When we are short any one the body does not function properly and if all of one element should be eliminated from the body we would die long before our time.

ELEMENTS OF THE BODY

<u>BASIC</u>		<u>TRACE</u>
Oxygen	72%	Iron
Carbon	13	Iodine
Hydrogen	9	Potassium
Nitrogen	2	Magnesium
Calcium	1	Flourine
Phosphorous	1	Silicon
Sulphur	1/10	Chlorine
Sodium	1/10	Manganese

The importance of diet cannot be over-emphasized. It can make a genius of an ignoramus. It can make a

self-confessed failure in the business world a financial wizard.

I will now give you the effects of each of the sixteen elements of the body and the foods in which each is contained.

OXYGEN

You will probably be surprised to know that all the oxygen we require is not taken from the air we breathe, which is one-fifth oxygen, neither is it taken from the water we drink, which is one-third oxygen but it is in certain foods which we eat. Lack of manhood is one of the results of a shortage of oxygen in the system.

Foods containing oxygen are cereals and uncooked, fresh vegetables. Onions, radishes and rhubarb are especially good.

CARBON

We must have a certain amount of carbon in our system but acquiring it takes no effort at all. The effort is to keep it reduced to the proper quantity. To do this we must eliminate just as many of the carbon laden foods as possible. Foods to be avoided are white flour, white potatoes and white sugar. Eat no candy made from white sugar; be sparing with all starchy foods unless made from the whole grain such as whole wheat, whole rice, etc.

HYDROGEN

Without hydrogen our bodies would be as tough and dry as that of an Egyptian mummy. Fortunately, hydrogen is so very easily obtained that whenever we eat juicy foods we take in a great deal of it.

Foods containing hydrogen are juicy fish and fowl, fruit and vegetables of all kinds.

NITROGEN

Air is four-fifths nitrogen but not a particle of it is taken into the bodily economy by way of the lungs. Two percent of the body is nitrogen. To get this amount of nitrogen is not hard at all.

Foods containing nitrogen are meats of all kinds, fish, dairy products, beans and peas. Beans are hard to digest and for that reason they should be masticated to a liquid or left entirely alone. Dairy products are much better.

CALCIUM

Calcium promotes persistence, courage, grit and will power. It also makes one that has a remarkable mentality a genius--it makes almost a super-man of him.

Foods containing calcium are buttermilk, raw egg yolks and halibut. No buttermilk substitutes or sour milk products will do.

PHOSPHOROUS

Phosphorous is the true "fire of life". It is the food of the brain; it is the diet of the genius; the philosopher's friend. Without phosphorous no mind is ever keen, alert or active. Where phosphorous is missing there is no magnetism. The unfortunate person lacking it is never sought after nor is his company desired. The successful actor and orator is he who has made it a point to possess the full and required amount of phosphorous. It is easily secured from the right foods.

Foods containing phosphorous are whole wheat and whole rye bread, corn, meat, egg yolks, peas, beans, walnuts, beechnuts, paper shell and sweet almonds.

SULPHUR

Sulphur is the agent of expression. Without it one is never able to satisfactorily express himself in deeds, words or thoughts. It is also very important as a repressive as it seems to possess an innate quality of holding in check the action of certain other elements that would otherwise burn up the tissues and membranes of the body, meninges of the cranium and the nerves of our anatomy. If you are nervous, irritable and your brain seems "red" or inflamed and you have that feeling that you want to kill the landlord, traffic officer or all your inferiors at the office don't be alarmed, there is nothing radically wrong with you, you are just a little short on sulphur. You will have to eat sulphur-bearing foods from now on as required.

Foods containing sulphur are horse radishes, onions, spinach, cucumbers, carrots, asparagus, cabbage, figs, peaches, apples, oranges and small fruit of all kinds.

SODIUM

Like carbon we can get more sodium than we need. The digestive apparatus sends it right along into the blood stream and the first thing we know we are overloaded with this particular element. An excess of sodium causes practically all of the mean dispositions that we come into contact with. A shortage of sodium causes drowsiness during the day, bad breath and quite often catarrh of the air passages.

Foods containing sodium in desirable quantities are any of the green garden vegetables, fresh fruit and nuts. Milk should be avoided.

IRON

Iron and oxygen go hand in hand. Without iron we could not extract oxygen from the air. Without oxygen we would be dead in just a few minutes. A great sufficiency of iron in the blood means a fine ability to concentrate; good concentration is the father of a fine memory. With this equipment we are bound to succeed.

Foods containing iron are strawberries, shredded wheat, spinach, lettuce, dark grapes, dried figs, egg yolks, beef juice, asparagus, raisins and all kinds of dark berries both cooked and uncooked. Raisins have less iron than practically any other food yet raisins are very valuable as they contain iron and sugar in fine proportions. Oxidized iron, iron rust or any other iron products sold in drug stores have no value at all; they are all inorganic. What we must have is organic iron.

IODINE

The thyroid gland, located deep in at the base of the throat or neck, is a depository for iodine; rather it is a receiving and distributing station for this particular element. Iodine is so important that no one could live if the thyroid gland was entirely removed. Surgeons no longer remove more of it than that part which is affected. Without iodine the body is left to the mercy of certain ravenous bacteria that not only

attack the organs of the body but the brain as well. The most astounding result of the lack of iodine in the body is goitre. In cities where the water contains no iodine, that is, where water is secured from melting snow, a great number of people have been afflicted with this unsightly growth.

Foods which contain iodine are fish, oysters, etc., sea vegetation and sauerkraut. Probably nothing contains a better quality or larger amount than the old-fashioned sauerkraut, well masticated. The juice also can now be purchased separately in bottles.

POTASSIUM

Potassium is "The friend of the athlete". It is the agent which builds up muscles quickly and keeps them well rounded. Imagine the would-be college athlete suffering through hour after hour and day after day of training in his effort to become a star in some particular field of athletic activity and at the end finds that he is still a weakling. He needs potassium. Not a great deal of it is required but the little that is necessary is very important. A lack of potassium means failure; a sufficient quantity means quick success and rich rewards.

Foods containing potassium are prunes, almonds, coconuts, walnuts, blueberries, oranges, peaches, spinach and lettuce.

MAGNESIUM

The lack of magnesium is indicated by a wandering mind but not necessarily a sluggish one. The mind, quite often, is very alert on imagination when magnesium is absent. So much so that it is impossible to still it for hours when trying to sleep. Magnesium simply gives us power to control the mind. It makes us masters of concentration.

Foods containing magnesium are egg yolks, ripe apples, either red or yellow, grapes, preferably the dark ones, raisins, unpolished rice or whole rice flour. Chicken contains a liberal amount especially the young fowl.

FLOURIN

Flourin is "The food of the teeth". It is not only

important in keeping the teeth from decay but it also prevents the bones of the body from becoming soft and porous; it, therefore, eliminates the possibility of tuberculosis of the bones as well as bone tumors.

Foods containing flourin are watercress, spinach, sauerkraut, egg yolks and roquefort cheese.

SILICON

Silicon is very important to all those who are building up a devitalized sex system. Great quantities of the element is required for this work. A perfectly normal sexual system can be rendered practically impotent without the various elements of which this is a very important one.

Foods containing silicon are beechnuts, figs, barley, whole barley, wheat, rice, oats and rye. Also cabbage, cucumbers, asparagus and spinach.

CHLORIN

Chlorin is a kind of policeman. It is not only the traffic director of the bowels--makes bowels perform their duties readily--but it also apprehends certain bacteria in the bowels and prevents, to a great extent, their multiplication. The same is true of the bacteria found in all other parts of the body. By all means see to it that chlorin is found in your daily food list in liberal quantities.

Foods containing chlorin are raw egg yolks, whole raw milk, roquefort cheese, spinach, lettuce, cabbage, radishes, asparagus and carrots.

MANGANESE

We are all aware of the fact that the organs of the body possess large or small cavities. The stomach is almost entirely hollow, the heart has two large spaces within it, the cranium, which surrounds the brain is, without the brain, a great hollow space. Like the outside of the body these spaces must have a covering, an especially prepared lining. Manganese is the element which keeps these surfaces in fine working condition; smooth, soft and pliable. Without manganese our stomach would soon be as lifeless and inelastic as shoe leather.

The heart would cease to function and the lining of the skull would erode the brain. The absence of manganese is probably the cause of a great many cases of appendicitis.

Foods containing manganese are nuts, such as almonds, walnuts and chestnuts, egg yolks, parsley, watercress, endive and nasturtium leaves.

It would take many volumes to tell all that science knows about food. What I have just given is a few basic ideas or working principles that you can apply without taking the time to dig them out of large and expensive books.

I have not cluttered up the situation with calories; neither have I paraded vitamins "A", "B", "C" and "D" before you, to do so would be of no value to you at this time.

Just a few words now regarding the mastication of food. Regardless of what you eat use your teeth; teeth are made for use. Furthermore, if you haven't masticated your food until it is a pulp you haven't mixed enough saliva with it. Gastric juice only flows when saliva does and in the same quantities. The more saliva and gastric juice you get mixed with your food the better it will be digested and assimilated.

CONSTIPATION

ITS CAUSE AND ELIMINATION

Constipation is a deadly disease--it is father to practically all of our ills. Eliminate constipation from every individual in our land and hospitals, sanatoriums dispensaries and doctors would be a thing of the past. Only a few surgeons to take care of unavoidable accidents would be required. The day when every alimentary canal functions normally will not be known in our age, however, that need not discourage us as individuals; we can take ourselves in hand and with but little effort keep our digestive system in a condition so normal that it will function close to 100% perfect.

Constipation--AUTO-INTOXICATION--is especially bad for men because its vile poisons, which go directly into the blood in the region of the prostate gland, affects this gland (as well as others) in a most serious way. It is a fact that prostatitis (prostate gland affliction) can be eliminated in most cases without medicine or surgery in a few weeks after the bowels are permitted to move and eliminate freely. Once the prostate gland becomes free from the irritation of fecal poisoning and is allowed to become normal in function the whole anatomy experiences a great relief. Constipation is chemically and mechanically the cause of most sexual idiosyncrasies and abnormalities. In men, a pain in the small of the back or a frontal headache usually indicates constipation.

There are but two causes for constipation. They are

1. Insufficient liquid.
2. Insufficient liquid-carrying food.

Constipation is very easily eliminated. One need do nothing but follow a very simple routine. The first thing required is to see to it that a sufficient quantity of water (liquid) is consumed each day. This SUFFICIENT QUANTITY IS TWO QUARTS EVERY TWENTY-FOUR HOURS for the person of average weight--150 pounds or less. for those much beyond that weight an extra amount of liquid should be consumed. Water is absolutely necessary to overcome constipation; IT MOISTENS THE INTESTINAL

CONTENTS AND SUFFICIENTLY SOFTENS IT TO A CONSTITUENCY NECESSARY FOR ITS FREE MOVEMENT FORWARD. This overcomes friction and irritation.

Now, regarding food, let me say that a change of diet is not necessary at all. Of course you are to eliminate white bread and white potatoes as much as possible. Decrease salt to a minimum. Salt is the cause of much nervousness. Only 40 grains is required by the body per day, yet the average American consumes 400 grains per day. Just the salt found in ordinary food is more than sufficient for the daily needs of the blood and body. If more is consumed it will be taken into the blood and every available ounce of water will be withdrawn from the stomach, small and large intestines to wash out the irritating salt in the blood. One cannot get along without his 40 grains of salt per day but a great abundance of it is so deadly on nerve and brain tissue that men have gone insane from its abuse.

Pepper and all pepper products are constipating. Cheese, unless masticated to a liquid, is very bad. If properly masticated it is a splendid food. Milk, unless it is raw--unpasteurized, is very constipating or binding; it should be eliminated as much as possible. BUTTERMILK, the genuine article, is unlike milk; it is not constipating at all and does not contain harmful materials that harden arteries. Fact is, it has a wonderful effect on hardened arteries and keeps down an excess of colon bacteria. It also prevents auto-intoxication.

All Alcoholic beverages should be eliminated. Alcoholic beverages are made to sell--not to drink.

Now, along with your regular food you will require but two bulk foods. They are:

1. Uncooked prunes.
2. Ripe, uncooked apples.

I know that you will feel that I am overlooking something when I do not advise the use of "bran" and other "horse feed" but bran is a powerful irritant and if it does produce free evacuations it is because the digestive tract is desirous of getting rid of it as quickly as possible. On the other hand, prunes are a gentle and very pleasant stimulant to bowel action. The

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uncooked apples supply the necessary water-carrying bulk. Prunes can be had everywhere at any time. Apples can be had most everywhere any time. If they cannot be procured substitute dried fruits--apples, peaches, figs. In eating dried fruit generous quantities of water must be taken immediately after the food has been consumed. Even fresh fruits will be much more valuable if a reasonable amount of water is taken shortly after it is eaten.

QUANTITY

The quantity of fruit eaten at first should be small, then over a few days time increased. A half dozen large (uncooked) prunes and two or three average sized apples is sufficient as a start. They are to be eaten at the same time. Masticate the prunes well--to a liquid. The apples need not be masticated to such a degree, they should be in very small pieces however. Each day increase the number of prunes and apples by two or three of the former and one of the latter. Do this until you get a free, copious and agreeable evacuation each morning. After this stage has been reached you can decrease the quantity of prunes and apples gradually until you are only eating enough to keep the bowels moving freely. As time goes on and the digestive system becomes educated to its duty neither prunes nor apples will be required to keep the bowels free and wide open.

In the summer time there is so much fruit and green vegetables that the prunes and apples can be dispensed with much sooner than during the winter months.

REGULAR HABITS

The time to eat prunes and apples is after the evening meal and quite a while before going to bed. Two hours after eating and one hour before bed time should be about right for the average person. By proceeding in this manner the moisture taken into the body will have a tendency to remain in the bowels instead of going into the blood then into the kidneys and bladder.

The time for the regular evacuation is in the morning; either before or just after breakfast. Decide which it will be and make it a regular habit. Go as nearly the same time as possible each morning. The first few days will not be crowned with much success but within a week the sub-conscious realm of mind will have mastered the

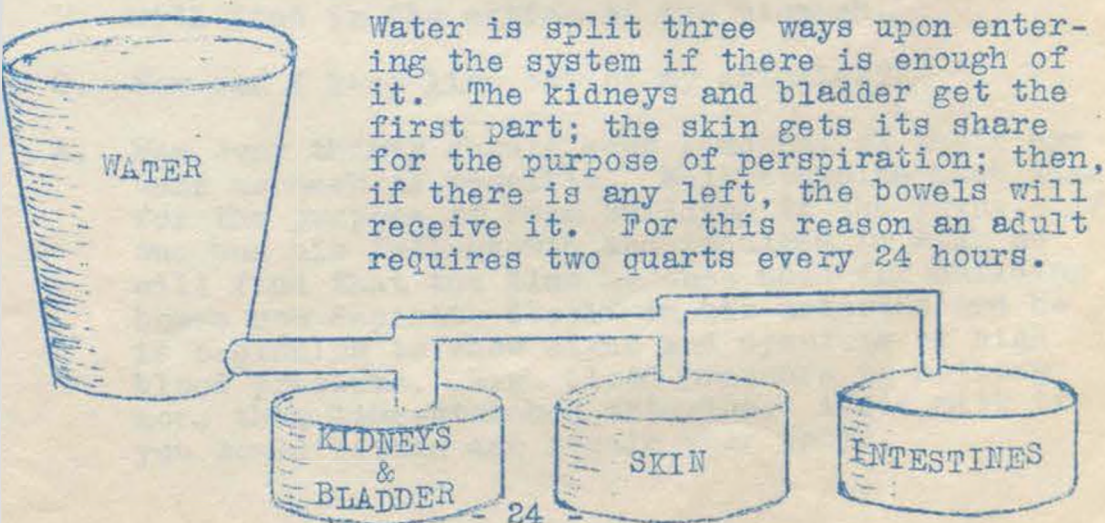
situation to the extent that a perfect elimination of the colon will be experienced each morning regularly. During the first week do not strain to evacuate; just a gentle but persistent effort for a few minutes is all that is necessary; this is simply for the purpose of sub-conscious education.

The above procedure is nautre's way. Any other method will cause bowel irritation, stomach trouble, sores, ulcers and probably cancer. Constipation AND THE TAKING OF PHYSIC is responsible for a great number of cases of appendicitis.

WATER

Upon arising each morning two glasses of water must be drunk. Do you know which you should drink--hot or cold? The question is easily answered. If you are a thin person and want to put on extra flesh drink COLD water; drink cold water not only in the morning but after each meal and all during the day. If you are fleshy and have a hard time keeping your weight down to youthful lines you are to drink HOT water instead of the cold. Of course hot water between meals is not pleasant but the two glasses of water taken in the morning before breakfast should be as hot as possible and contain a liberal quantity of lemon juice.

Physical exercise is of no value in the treatment of constipation. The thing to do is to get to the cause of the ailment and remove it. Many men whose employment keeps them continually active such as mail carriers are chronically afflicted with constipation.



Water is split three ways upon entering the system if there is enough of it. The kidneys and bladder get the first part; the skin gets its share for the purpose of perspiration; then, if there is any left, the bowels will receive it. For this reason an adult requires two quarts every 24 hours.

QUESTIONS AND ANSWERS TO PART TWO
OF
THE NEW PERSONAL LIBERTY COURSE

1. Q. How can I eliminate stomach trouble?

A. First see to it that you are getting two quarts of liquid per day. Be sure that you are getting all sixteen elements at least twice per week. Be thorough in your mastication and get that extra amount of saliva mixed with your food. The next thing to do is EAT JUST ONE KIND OF FOOD at a meal. Primitive man lived on but one food per meal and was never known to have trouble with his stomach. Be sure to eat your favorite food if at all possible and eat just as much as you like.

There is one more thing you can do for a sick stomach and that is exercise it. If you have ever taken a sea voyage and experienced seasickness you will remember that your stomach could just about digest anything a day or two after you were on a solid footing again. Well, while you were sick you greatly exercised the stomach by either attempting to empty it or by actually doing so. This was nothing more than exercising the walls of the stomach. To exercise the stomach, then, about one hour before meal time go away by yourself and with the sterilized third finger attempt to vomit. of course, do not go so far as to actually vomit; that would be wasting perfectly good food and gastric juice. Do this once per day for a little while and notice what a wonderful difference you will find in the action of the stomach.

1. Q. How can I keep lime out of my arteries?

A. Men over thirty should keep lime out of their systems as much as possible. Milk contains much lime for the purpose of bone building in the young. If one has his full growth and indulges in milk he will find that the lime he once used for building bones now deposits itself in his arteries and he is beginning to show signs and symptoms of high blood pressure. High blood pressure is nothing more than lime-starched arteries. Avoid milk if you would retain and regain your youth.

If you are pretty well "starched up" start overcoming it at once. There are but two foods that will really aid you that I know of. One is the juice pressed from dark grapes and consumed before it has had time to ferment and the other one is buttermilk. It must be real buttermilk; imitations will not do. Grape juice is splendid for breakfast; the buttermilk is best at noon and for the evening meal. Either of these will stop lime deposits at once. It is liable to require several years to undo the damage that has been done. "a man is as old as his arteries" says a famous specialist. That is true. Your age is not determined by the number of years you have existed but by your arterial lime deposits.

3. Q. What is the object of chewing gum?

A. The object of chewing gum after every meal is to supply the stomach with extra saliva and gastric juice. Only when saliva is flowing does gastric juice flow in the stomach, the two together digest the food. The more saliva you have the better the food digests. You can get too much of either during the day except while you are eating and immediately after. To chew gum or anything else when the stomach is partly empty or after the food has been digested throws in extra saliva; gastric juice flows and the two together attack the inner wall of the stomach and start to digest it. The result is irritation, lesions, tumors and cancer.

4. Q. What are LIVE FOODS?

A. Live foods are any kind of vegetables or fruits that are eaten uncooked. To cook them is to kill them--cooked food is always dead matter; it will impart strength and energy but LIVE foods impart not only strength and energy but LIFE as well. Of course, fruits and vegetables, especially the latter, must be prepared so that they are pleasing to the sight as well as to the taste.

5. Q. Are nuts valuable as a food?

A. Nuts are very valuable as a food if well masti-

THE NEW
PERSONAL LIBERTY COURSE
FOR MEN

PART THREE

Part Three is devoted to the correction and acquisition of physical charm in order to facilitate the progress of Personal Magnetism. It contains information hitherto neglected by the majority of books and Courses on the art of self-improvement.

THE NEW
PERSONAL LIBERTY COURSE

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PART THREE

"PHYSICAL MAGNETISM"

Physical Magnetism is manifested to a very large degree by physical habits. Much has been said of the power of the mind as applied to personal magnetism, much of which is true and much has been accomplished. However, men possess faculties so sensitive that they will detect deficiencies in your physical habits before you can possibly exert mental magnetism and makes it nearly impossible for you to overcome the bad impression it makes upon them at the first contact. It is even more difficult upon further acquaintance to hold their interest and respect or to sway them to your views when at every turn you are exhibiting some offensive, physical habit.

In order to get the most out of physical magnetism we must cater to four of the five senses with which all people are endowed; namely, SIGHT, SMELL, TOUCH and HEARING. By these four senses the impressions of the outward man are sent inward to the brain causing either a favorable or an unfavorable impression to be made. Therefore, by being careful not to offend these senses but to please them we are taking precautionary steps in removing obstacles from the path to personal magnetism.

SIGHT

Let us take the first of these senses, sight, and find how we may be offensive in it and how we may correct the fault.

The most glaring, offensive note to hit the eye is untidy and slovenly dress. I do not mean uncleanness. The trousers may be clean but wrinkled and baggy. Press them. The necktie may be stringy and crooked. Change it. The shoes may be dusty and scuffed. Shine them. The fingernails may be broken and dirty. Trim and clean them.

Upon approaching a person with the intention of

speaking you will, if you watch closely, notice that the first thing they look at is your face. This is natural for they are only looking to see if they know you but it emphasizes the importance of the appearance of the face. They look to see if they know you but their sub-conscious mind takes in the appearance of the face.

It does not matter how dirty your work is you will always look fifty to ninety-five percent cleaner if your face is smooth and free of beard. Shave every morning. SHAVE EVERY MORNING. SHAVE EVERY MORNING. Shaving is a drudgery for a great many men but for you master-of-self men, you comebackers, you super-men it is only a minor but yet very important item in your daily life.

The time to shave is in the morning, before you eat your breakfast, before you put your shirt on. First have your razor sharp, arrange this ahead of time and then go to it. After you have completed the shave wash off every bit of lather, be sure no soap remains on the face. Then apply a liberal amount of cold cream all over the face. Rub it in well, wipe off excess cream with a towel. Put nothing else on the face. The idea of the cold cream is to put as much oil back into the skin as the soap has taken out.

Another important thing which enhances your appearance is your hair. Youth invariably has a thick, glossy, attractive head of hair. Up to the period of adolescence thin, straggly hair is unknown. As one advances in years the hair begins to thin out and unless precautions are immediately taken the hair will fall to such an extent that bald patches will make their appearance and later on total baldness will be experienced.

Now by the same token that a child has a good, healthy head of hair a man with thin, sickly hair will be judged by his more fortunate fellows as being on the verge of senility while those in advancing years who retain an atmosphere of youth, energy and vitality will find that a great deal of their personal magnetism is due to an abundance of youthful hair even though it is snow white.

There are four primary causes of falling hair, any of which by itself or severally may be responsible.

1. **SENILITY** It seems that when a man starts to become impotent the hair takes on a dull, lustre-

less look, becomes brittle and starts thinning. This is caused by thin or impoverished blood which is brought to the scalp and which fails to provide sufficient nourishment. Conservation of sexual energy, sufficient amount of vitalizing food and drinking the required amount of liquid per day along with the necessary treatments given in The NEW Personal Liberty Course for overcoming weaknesses peculiar to the male specie will, in a short time, eliminate the cause of senility.

2. POISON There are a few toxic poisons generated within the body which are, on remote occasions, detrimental to the hair. The health regime prescribed in the Course will speedily eliminate these.

3. DIMINISHED A tight hat or cap worn constantly
BLOOD SUPPLY serves to compress and flatten the blood vessels cutting off the food supply to the roots of the hair.

With advancing years the skin across the forehead, down the sides of the face and on the lower, back portion of the head has a continuous tendency to fall, being pulled down by the natural force of gravity thus causing the skin on the top of the head to become tight and very thin. This also causes the innumerable blood vessels to become flat and unable to carry nourishment to the hair bulbs.

4. PARASITES Hair parasites or microbes are microscopic organisms which attack either the hair bulbs imbedded in the scalp or the hair shaft as it emerges from the scalp. Microbes are not minute insects as a great many people have been lead to believe but are closely related to the bacteria family especially those of the pathogenic order.

When men start regenerating themselves and start conserving their sex fluid, sending it through the blood to all parts of the body, the hair at once takes on a new lustre. You can greatly aid this natural rejuvenation of the hair if you will purchase a small quantity of "Lanoline" (Lanum), which is the oil from wool, and apply it to the roots of the hair. This fat or oil is the most natural thing in the world to stimulate the growth of hair. If you have a full head of hair apply wool fat at the roots and especially along the edge of the hair. Be sure to get the scalp well

saturated.

Apply the wool fat night and morning and immediately after massage the scalp thoroughly for several minutes. Push upward, force the blood up under the hair. Wipe off excess oil by applying a rough towel. Whenever convenient expose the hair directly to the rays of the sun for ten or fifteen minutes several times a day. Wash scalp with tar soap every two weeks. Do not wet the hair at any other time.

The few ideas I have just given you will greatly assist in regaining your youthful appearance and just as soon as you make improvement in appearance some one is going to mention it--someone is going to tell you and when they do you are simply going to take a bigger interest in yourself than ever before.

HEARING

The next of our senses with which we have to deal is hearing. A short time ago I entered a restaurant for lunch which catered mainly to business men of the financial district. As is usually found in such places there was a great deal of noisy confusion, every one seemed to be anxious to get their order quickly. The waitresses were hurrying back and forth from the kitchen with not a moment to spare. Sitting at my right was a man of middle age, apparently a successful business man by all outward appearances. Somehow in the rush he had been neglected. Finally a waitress, noticing him, hurried up and asked for his order. The man gave it in a low, mumbling tone of voice which was inaudible to the waitress. She again asked him. He repeated in the same low tone and turned red. The waitress, nervous and irritable from the trying noon-day crowd, impatiently requested him to speak a little louder. This time, angered by his own embarrassment more than anything else, he gave his order in a loud, harsh tone which carried the length of the long restaurant drawing quite a little attention from the other diners. As a consequence the waitress was hurt and humiliated, the other diners were amused or annoyed and he himself was so mortified and embarrassed that his food choked him and he left the establishment.

I relate this to bring out the importance of the voice and the effect it has on its hearers. Had this man spoken the first time in a clear, audible tone it

would have saved a lot of time and embarrassment. It is to be seen, then, that the voice is a primary factor in acquiring physical magnetism. Where this man lost only his peace of mind and a meal you may lose an order or a friend or a cause by the same identical thing--a poor speaking voice. Strive to enunciate clearly and distinctly, modulate your voice to fit the occasion and practice in privacy expressive tones. Community singing is especially good for the voice. Singing deepens the voice and makes it more resonant and in community singing you have the opportunity of practicing singing without annoying the neighbors.

TOUCH

Touch is the next sense to be dealt with. It is considered good form among civilized men to shake hands upon meeting; in fact, it is a breach of etiquette to fail to do so but it is far more offensive to grasp a hand which is moist and clammy with perspiration. I never shake a perspiring hand but what I receive the revolting impression of having in some way gotten hold of the tail of a fish. This condition of the hands is prevalent in warm weather and most people are unaware of the cause or the cure; consequently they look upon it as an necessary evil. Doctors and dentists occasionally offend their patients by it. It is caused by open pores due to heat. To eliminate it first, bathe the hands in warm water; then rub the palms with a lump of alum which can be procured in any drug store at a nominal cost. This toughens the skin and has a tendency to close the pores. Most people will find that three times a week will be sufficient while others will not require it so often.

SMELL

The next of the senses is smell. Nose, mouth and even the contents of the stomach cause the exhaled air from the lungs to have a foul and offensive odor in a great many people. It is difficult for them to detect it on themselves and therefore many people are unaware that they are creating a very bad impression on other people with whom they come into close contact. To be absolutely safe you must take every precaution to eliminate or prevent breathe odors. If the nose is the cause it in all probability, comes from a bad case of catarrh and the general health building ideas and the breathing practices found in other parts of the course

should by all means be used. If it is from the mouth, as it usually is, it is caused by decaying teeth which must be immediately attended to, or from decaying tonsils which should be treated by a competent physician. Should it be caused by stomach trouble a change of diet is all that is required usually. This is taken up thoroughly in Part Three with diet and food values.

Most men who have very obnoxious feet, as far as odor is concerned, do not realize that they are cursed with such an affliction. Better ask somebody occasionally if your feet are bad. There are various kinds of foot soap that will keep them sweet and clean for a day at least. I know a young man who has to wash his feet every day to keep them from "acting up"; he does not mind it a bit, that is one way he has of keeping his friends.

No one who is anybody will associate with a man who is so ignorant or shiftless that he will not keep himself clean. Due to a man's occupation he might be covered from head to foot on the outside with dirt or dust or grease but that is no reason why he cannot wear clean, fresh underwear every day. It is not so much what a man wears on the outside that determines whether he is clean or unclean, it is the condition he is in under his outer clothes that determines it. Many a man looks the part of a "prince Albert" on the outside but "radiates" the odor of a garbage wagon from his filthy underwear or from his unbathed body. If the underwear is changed two or three times a week immediately after bathing you will never be found guilty of shedding any of that old, stale odor which makes so many good men unpopular and avoided.

Those of you who use tobacco in any form may be guilty of offending the sense of smell in a very insidious way. Tobacco smell, to those who smoke, is often passed over without notice; but to the non-smoker there is nothing which is more offensive.

OTHER THINGS OF IMPORTANCE

Another important item is your choice of topics in conversation. Never indulge in cheap conversation. There are so many subjects which are interesting and intelligent that it is criminal to bandy words in attempts to appear pert and smart. One who talks intelligently stands out from the crowd. The majority of young people

talk from the surface so much that it is quite refreshing to hear one who is really thinking before he speaks and knows what he is talking about.

For the married ones and the ones living intimately with their families there are still other things to be watched and corrected. Do not pick the nose in the presence of others. It is highly offensive. If it is necessary for you to do so be sure that you are alone. Also blowing the nose with a sound of trumpets is exceedingly distasteful. While it is highly hygienic to keep the nasal passages clear nevertheless, there are more appropriate times to do it than in the middle of a conversation. Digging, picking and excavating the ears is another little operation that should be done "back of the scene".

QUESTIONS AND ANSWERS TO PART THREE
OF
THE NEW PERSONAL LIBERTY COURSE

1. Q. Are good table manners worth the effort to learn?

A. Good table manners is an ancient bugaboo yet apparently it has made little impression upon people. The use of good table manners is especially noticed and approved because of its scarcity. It is so easy to learn to eat correctly that there is no excuse for not doing so. There are three opportunities per day to practice them. For no other one thing can we find so many opportunities to practice.

2. Q. What is the best way to determine whether or not I am offending the senses of others?

A. Get people to criticize you. Ask them whether or not your appearance leaves nothing to be desired. Watch people with whom you associate. By numerous ways you can tell whether or not something is distasteful to them. Garrulousness bores them. They will break in on your conversation. Offensive odors will cause them to avoid you. Untidy dress will make them reluctant to appear in company with you. Watch other people's actions. When you find them doing something which you do not like, examine yourself to find whether you possess it also.

3. Q. What is the difference between sex magnetism and physical magnetism?

A. Sex magnetism is devoted entirely to relationship between men and women. It is cultivating an attraction for the opposite sex. Physical magnetism does not deal with sex. It is the study of physical traits. Physical magnetism can be manifested without opening your mouth. Cleanliness, neatness and good taste compose the essential attributes of physical magnetism.

THE NEW
PERSONAL LIBERTY COURSE
FOR MEN

PART FOUR

Part Four is an especially prepared Course of home treatments for the overcoming of certain sexual deficiencies, abnormalities and weaknesses peculiar to men of all ages.

THE NEW
PERSONAL LIBERTY COURSE

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PART FOUR

"SEX SECTION"

Right here in the beginning let me say that this Course does not take up the cure of venereal diseases. Only after the doctors have pronounced the patient cured does it attempt to render service--we are only interested in the condition men find themselves after they have been discharged by the doctor as "well".

Through their "wild oats sowing" in the days of "hot youth" multitudes of men have practically desexed themselves or have greatly weakened themselves sexually, which means physically and mentally as well. They are only a fraction of what they should be. But if they are anxious to come back and take their place in the social and business world again, then this is just the Course for each and every one of them. It is the Course for every man that wants to be all man again.

I would not have you think for a moment that all sex weakness comes from "riotous living", not by any means. There are many men who, for some reason or other have been left by nature just partly developed from birth. There are some apparently very fine specimens of physical manhood that we meet every day who are, if the truth were known, only half developed. They possess sex powers and stamina appropriate for a ten year old boy. This type of man is like the high powered car trying to operate on a two cylinder carburetor. A man is never greater than his sexual development. This Course is especially intended for that type of man. Whether one's sexual weakness is caused by imtemperate indulgence or was inherited at birth the treatment is exactly the same.

There are many things that assist or hinder the man who is "coming back" but there are few things that aid or retard so much as food and drink. You are not required in this Course, however, to do anything out of the ordinary--nothing totally foreign to the way you ordinarily conduct yourself and so in the matter of food we are only

asking you to eat as nature intended you to. Likewise you are advised to drink according to nature's schedule.

BLADDER AND URINARY TROUBLES

The bladder in a man is located in the pelvis just in front of the rectum. The bladder acts as a reservoir for the urine which is continually received from all parts of the body through the kidneys. The valve (sphincter), a ring-like muscle at the lower end of the reservoir (bladder), which completely encircles the urethra, prevents the escape of the urine except when permitted by voluntary effort on the part of the individual.

Urine, when normal in contents, will not irritate the bladder or cause pain while urinating but when the contents become abnormal in acids and salts great irritation is experienced and much harm may be done to the lining of the bladder and urethra. Urination becomes terrible painful. The nervous system throughout the body and brain becomes extremely sensitive and irritated. The sexual system is likewise afflicted.

The average amount of urine passed in twenty-four hours by a healthy man is from one and a half to two quarts. Men who are afflicted with an irritated urinary system do not pass more than one pint of liquid in twenty-four hours, some a great deal less. The cause of this can readily be understood. Urination is so painful that they purposely refrain from drinking more liquid than necessary so as to pass just as little of the burning, scalding liquid as possible. This method is wrong. It simply concentrates the urine, making it from two to a dozen times stronger than it would be normally.

This painful and nerve-wracking condition can be greatly relieved in a very short time. The first forty-eight hours will probably be a painful experience but from then on one can be assured of a splendid improvement and conditions will continually improve. The nerves throughout the entire body will become much relieved and life will again take on a brighter hue.

TREATMENT ONE

Treatment one is for the purpose of thoroughly cleansing the blood every twenty-four hours and for the purpose

of diluting the urine to the point where it no longer irritates, burns, scalds and sensitizes the lining of the bladder, the prostate gland and the urethra.

Treatment one consists of drinking not less than two quarts of water or an non-alcoholic liquid every twenty-four hours. To get the best results small quantities of water, about half a glass, should be taken at regular intervals. This is a much better way to drink than in large quantities two or three times a day. Drink small quantities at the very start of this treatment so as not to overtax the urinary system at any time during the day but drink your full two quarts.

In part two we found that there are but three ways to eliminate poisons and burnt out tissues from the body. First, by perspiration through the skin. Sweat contains cholesterin, urea, free lactic acid, sodium, lactate and traces of alkaline phosphate. Second, by way of the lungs. The exhaled breath contains, as we have described in Part One, a great quantity of carbon-dioxide that the body throws off. Third, by way of the bladder through the urine.

Urine contains about 960 parts of water to 40 parts of solids. The semi-solids and solids amounting to about 450 grains of urea, 11 grains of uric acid and 17 grains of salt per day.

The blood is purified by sweating, which we do continually, even in very cold weather. The blood is purified by breathing out the highly poisonous carbon-dioxide. The blood is entirely purified by the water we drink, which passes first into the stomach, then into the intestines and from there into the blood. As the blood and water passes through the kidneys the water is eliminated along with all the vile poisons picked up from all over the body by the blood; the water passes into the bladder and is then eliminated through the urethra.

If there is sufficient water to keep the acids highly diluted the kidneys will not be injured; the bladder will not be irritated and the urethra will not burn while passing urine. There are from five to six quarts of blood in the average man that has to be washed of its impurities daily; two quarts of water will do it nicely but think of

the strain on the kidneys and the racking effect on the nerves when all this work has to be done with only a pint of water and in some cases a half pint in twenty-four hours.

A great deal of moisture is eliminated through the skin, therefore to pass $1\frac{1}{2}$ quarts of urine in a day considerable more than that amount must be taken into the system.

Until you are practically free from bladder trouble use but very little salt, pepper, vinegar or other irritants. It is useless to mention that no results, other than bad, can be expected in urinary troubles and disorders if alcoholic beverages are indulged in even to the slightest extent.

Contrary to popular belief no worn out tissue or poisons from the body are ever passed out by way of the bowels or intestines. Nothing but bile flows into the intestines and that is for the purpose of digestion and to prevent an over accumulation of colon bacteria. Any poison eliminated through the bowels is poison generated from decaying food held in the bowels. In constipation the blood not only picks up the nourishment from food but all the poisons in the food as well. These poisons have to be eliminated through the skin, lungs and kidneys. This is the cause of so many terrible skins, the reason for so many bad breaths and just why there is so much kidney, bladder and urethral trouble among both men and women.

TREATMENT TWO

Consists of the information given in Part Two, the food section, for the elimination of constipation.

Men with any kind of urinary or sexual trouble must be certain that the bowels are open and move freely once or twice per day in a natural way.

In taking any kind of liquids, at any time, do not chill the stomach by consuming large quantities at one time. Drink often, drink slowly and mix saliva with all food drinks--milk, cocoa, malted milk, etc. (See part 2)

SPECIAL NOTICE: The following THREE treatments are very important and should be taken in their order. Do not rush. If any of the treatments do not seem to agree with you after you have given them a fair trial just discontinue them for a while.

TREATMENT THREE

For the strengthening of the sphincter (valve) at the lower end of the bladder, for the normalizing of the prostate gland and for the strengthening of all muscles connected with the act of urination as well as sexual ejaculation.

After, NOT BEFORE, you have overcome your urinary troubles and constipation, if you have any as set forth in the foregoing pages, you are ready to take up gymnastic exercises for the urinary system. This exercise or treatment along with those to follow will result in perfect control of the urinary and sex organs. The exercise is for full grown men and is not intended for boys. It is for EVERY man taking this Course, whether he is afflicted or whether he is apparently normal. Take this treatment regardless of your condition.

The exercise is as follows:- While urinating at any time and especially when the bladder is full, stop completely two, three or as many times as possible while emptying it. If the valve (sphincter) at the lower end of the bladder (at neck of bladder) is weak, as it is in practically all men over thirty, this exercise will be quite difficult for the first few days. Start in gently but be regular and persistent. In a short time, regardless of a man's present condition or age, he will be able to close the valve, completely shutting off the urine and just as often as he desires with practically no effort. You will be able to start and stop a dozen times before discharging all the urine. Be sure to do this every time you urinate.

There is not a muscle in the body that will not become weak and anemic without the proper amount of exercise--your sphincter urethra is no exception. This exercise is splendid in overcoming "day losses".

TREATMENT FOUR

For the strengthening of the bladder and all of the various muscles connected with it.

This treatment is for the bladder itself. Now, if you will remember, when you were a boy you could force the urine out at a great speed; you cannot do that now, at least not like you could then. This means that you have allowed your urinary system to deteriorate and you will never be normal until you regain all the vigor in this respect that you had as a youth.

The treatment is as follows:- When you urinate, as in treatment one, after each stop force the urine out of the bladder in a strong, swift stream. In other words, start urinating, then stop; start again, each time forcing the urine out just as swiftly as possible. Stop and start in this manner until the bladder is completely emptied.

This treatment will show satisfactory results in a very short time. The muscles and tissues build up quickly after the first few days. You will soon be aware of the improvement; it will give you a very satisfactory feeling of self-mastery.

CAUTION: Start in gently and very gradually, never over-strain in any exercise. Remember you have a long life ahead of you and sufficient time to accomplish ALL THINGS if you will go about it in a thoughtful way.

TREATMENT FIVE

For the further strengthening of the bladder as well as the full length of the urethra.

After you have mastered the previous exercise you are then ready for the third and last given for weak, urinary organs.

While urinating normally, without the usual stops, gently press the end of the penis together sufficiently to retard the urine to the extent that you will have to use extra force in emptying the bladder. Start gently--
be very careful and you cannot go wrong.

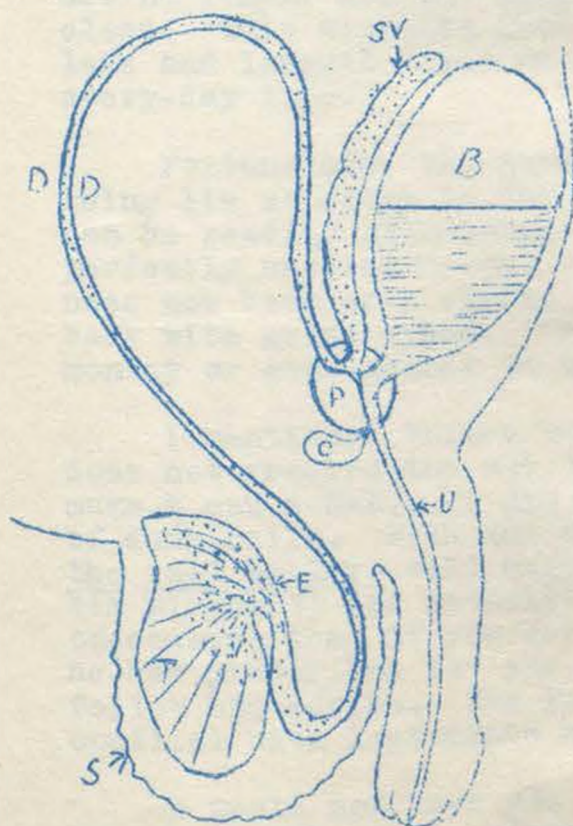
You will notice that the urethra will swell; but after you have practiced this treatment for a considerable length of time the bulging out will not be quite so pronounced. This exercise will strengthen the urinary organs from end to end. Hundreds of men have tried it out and are still using it; they have found that it tends to build up a very robust urinary system.

Many men use treatment three and four in the morning and this particular treatment, five, the remainder of the day to a splendid advantage. Do not use this one, however, until you have built up your system with the other two.

One of America's foremost physical culturists recommends this treatment to all men whether they are afflicted in any way or not; the idea being that this treatment will not only build up a healthy urinary system but it will keep a good one in a strong and robust condition.

The line drawing of the male sexual and urinary anatomy

will give a very clear idea of just how the various parts function. Note the PROSTATE gland and its strategic position for harm when it is not permitted to function normally.



The various parts are as follows:- "S"--Scrotum. "T"--Testicle. "E"--Epididymus. "DD"--Ductus Deferens. "P"--Prostate. "SV"--Seminal Vesicle. "B"--Bladder. "C"--Cowpers Gland. "U"--Urethra.

The SEMINAL VESICLE (two in number) act as storage tanks for the testicles. When over-laden with semen they produce night losses.

"Day Losses" come from the prostate and from Cowpers Gland.

REMAKING THE MAN

It is a well known fact that a eunuch (castrated man) is no more like a man than is an ordinary steer like a full grown and powerful bull--he is no more like a man than is an ordinary horse like a well-bred and fiery stallion.

You will probably be surprised to know that of the great number of men we meet every day, if the whole truth were known, only a small percent are real men. The others, the great majority, are nothing more than half-men--half man, half eunuch. Doctors, lawyers, actors, ministers, workmen, laborers and even gymnasts and pugilists are found in large numbers in this "50-50", half-and-half group. Some are not this fortunate, they are but "quarter breeds" and less.

Men are just beginning to learn that they are never greater than their glands. They are beginning to realize that just as soon as their prostate gland, testicles and various other glands become weak, small or atrophied they are no longer men but fall at once into the effeminate class. This accounts for the many sterile, "dead", lifeless and languid males we come into contact with in our every-day life.

Fortunately, the more important glands of the male being lie so close to the surface of the body that they can be readily stimulated and exercised by local and perfectly natural means. The overcoming of sexual weakness now becomes a simple matter. A man can now come back with great speed. No "dope", stimulants, medicine, monkey or goat glands in any form will be required.

I mentioned before that the Personal Liberty Course does not require the use of "dope", drugs or glands to make a man a MAN. No gym work, no apparatus nor system of dumb-bells. With the aid of local treatment, NATURE, the real healer, will easily accomplish what man in all his wisdom(?) has utterly failed to do. It is understood, of course, that if you are under a physicians care and he has prescribed for you, the wise thing to do is to follow his advice. The Personal Liberty Course does not conflict with legitimate medical advice in any way.

I would not have you think for a moment that I am opposed to physical culture. Physical culture is very

beneficial when taken moderately--not too much and not too little; but do not expect by the mere waving of a pair of dumb-bells a few minutes night and morning or even "putting on the gloves" a few times per week will automatically cause you to "come back"--it is not being done.

The reason I have put no physical culture exercises in this NEW Course is because there are just dozens of splendid books, magazines and Courses on the market dealing with this subject and practically every one is interested in himself at all has one or more courses on physical exercise and body development. Take your "daily dozen", whatever it is, take it regularly, and as you begin to grow in vim and vigor you can indulge in other muscle and body building exercises that are more strenuous.

One feature of The NEW Personal Liberty Course that stands out is, you can put this Course on and over quietly without letting even your closest friends or acquaintances know that you are doing anything that might seem out of the ordinary to them. Besides, a man doesn't care to have even his wife know his shortcomings, let alone other members of the family. Your friends and relatives will never know a thing until you begin to "bud out". Even then they will not be able to figure out just what has caused you to change so favorably. As success in your various achievements becomes apparent to the world, men will call you lucky, but you will know that there is no such thing as luck, yours has been a simple case of intelligently overcoming your shortcomings by normal and natural methods.

As our treatment progresses the various glands and organs of the uro-genital system begin to revive and become more and more normal in their function, all parts of the brain and body do likewise. The mind becomes clear and active and there will come a time when there is no mental feat too complicated to be attacked, solved and mastered. The personality will also improve. It will become so splendidly magnetic that both men and women will be drawn to the man who retains and reabsorbs his powerful sex fluids.

In overcoming sexual weakness of any kind we will make much better progress if we will get a working knowledge of the parts; that is, just the position they are in and how they are related to one another. Let us keep in mind, then, that the penis does not stop where it

joins on to the body but it continues on through between the legs until it reaches the rectum. This lower section is somewhat different in structure than is the other or free portion. A short tube (the urethra) connects the bladder with the penis, engaging the penis just above the testicles and continues on to the end of the penis. It is around the urethra, between the neck of the bladder and the penis that the prostate gland is located. There are other glands in this region and fortunately that which stimulates the prostate gland into health, life and activity will also bring these smaller glands up to a much higher state of efficiency.

The following treatments, six, seven and eight, can be started immediately upon getting good results from the previous five.

TREATMENT SIX

A marvelous exercise for normalizing the prostate and, to a great extent, all of the sex organs.

Treatment Six is a tensing exercise only. YOU DO NOT USE THE HANDS AT ALL.

During the day (every hour or so) tense the sexual anatomy. This is done by drawing up the rectum (anus) and testicles and contracting the buttocks. Tense for several seconds at a time or while you count "one--two--three" fairly slowly; then relax for a moment and tense again while you count up to three. For the first ten days or two weeks tense the organs ten times at hourly intervals. Slowly increase the number until you get up to twenty--never go beyond twenty at a single time nor practice this exercise more often than once an hour. You can do this exercise while standing, sitting, walking or while performing any kind of work. There is nothing else to treatment six but the tensing and relaxing of the organs.

NOTE:- Any time, while practicing any of the exercises, should the testicles start drawing up of their own accord and if this should cause annoyance, you can readily overcome it by relaxing the rectum by slightly pushing it out as though you were attempting to stool.

Those of you who have taken all the previous treatments will find that this one builds on to what you have taken in a most natural way. It is a HE-MAN exercise. Just who originated it is not known but I have it from fairly good authority that it, or a very similar exercise, was practiced by the Roman soldiers as early as 100 B. C. Every one knows that the Roman soldier of that period was a very marvelous individual as far as health, manly strength, personality and mentality was concerned. There isn't a reason in the world why any man whose prostate is weak cannot wonderfully benefit by this ancient yet modern treatment. Of course, the older a man is the more careful he should be in starting on the treatment; he should proceed with less speed than a younger man but there isn't a reason in the world why a middle-aged man who is almost impotent cannot realize marvelous results in six months. A much older man should be so tremendously benefited in ten or twelve months that he will again enjoy the "prime of life".

TREATMENT SEVEN

A treatment (plan) for building up vital energy in the entire body and brain, especially in the region of the male sexual anatomy.

This particular treatment could have been given as part of the food section as it is very fine for recharging the body and brain with new and vital energy with the use of a certain form of food. The treatment is very simple; it consists of eating the YOLKS only of two raw eggs. The white part of the egg has its value, of course, but not in absolute raw form. Just the opposite is true of the yolk part; it has little or no value if cooked. While taking this treatment no other eggs should be eaten in any form, not even the white of the eggs you are using.

During the second week of this treatment take the raw egg yolks every other day, the third week every third day. After that they may be discontinued for a week entirely, then every third day from then on until the system seems not to require them any longer. The eggs should be taken at meal time. This is necessary in order to get plenty of saliva mixed with them. The average person could not masticate a raw egg yolk sufficiently for the saliva they require to get the most good

out of them. Another way is to take the eggs whenever most convenient and then chew a piece of gum for five or ten minutes afterwards and swallow great quantities of saliva.

Raw egg yolks contain more vital elements than most any other kind of food known; fact is they contain more of the sixteen elements than any eight or nine average foods.

TREATMENT EIGHT

For the further increasing of vital
mental, physical and sexual energy.

This treatment can be used to splendid advantage by starting it during the third week of treatment seven. I know there are a number of men who are going to "revolt" at this treatment; but just the same it must be given because it is teeming with life, vitality and unlimited energy. It is just the thing for "impotent", depleted, weary, worn-out, unmagnetic and negative men.

It is as follows:- Procure from the butcher shop about one third pound of ROUND STEAK. Either have the butcher grind it up for you or do the grinding yourself at home if you have a food grinder. Add a little seasoning to the meat if you must and eat it RAW.

The first two or three times you will probably have to eat it between crackers or brown bread; but after a little while--as quickly as possible--discontinue the use of any other food with it. Be sure to chew the usual gum FOR SALIVA for five minutes after taking the meat. The same thing was done after taking the raw eggs.

Do not take the meat the same day you take the eggs. Take the meat twice per week for SIX WEEKS; then decide which you care to continue with--the eggs or meat. Decide on one and continue on for some little time. A good way is to take the eggs twice per week for a half month; then switch over to the raw round steak and take it about three times during the next half month. Round steak is the only kind of meat that can be used raw. Never, never use fish or pork or any kind of fowl raw. The meat should be taken between meals or an hour or so after the evening meal. Folks afflicted with "acid stomach" will find this treatment marvelous.

The following treatments, nine, ten and eleven, are not for the average man at all; they are only for men who find themselves in the advanced stage of impotency; for those whose development has been below normal, sexually, from birth and for those having atrophied organs. The previous eight treatments are so potent in their action that I doubt if it will be necessary for any but a very few men to bother with these next three treatments at all. I am including them in the course because there are a number of men who will require one or more of them.

TREATMENT NINE

For the purpose of awakening, strengthening and vitalizing the prostate region.

This treatment is not to be employed until you are drinking the full two quarts of water per day. After you have mastered the exercises given for urinating you can try this one. In the morning upon arising empty about two-thirds of the contents of the bladder; holding the remaining third (or whatever amount is convenient) for twenty minutes. This will somewhat inconvenience you at first; but the more unpleasant it is the better will be the concentration in that region and a great flow of blood to the parts. After you are able to hold one-half of the contents of the bladder for twenty minutes without discomfort you can discontinue the treatment as that is an indication that you have built up the afflicted parts to a very fine extent.

TREATMENT TEN

A treatment for building up the sex organs and glands.

(Not to be used unless required)

After you have become proficient in the other exercises to the extent that you have brought your urinary and sexual system up to a reasonable state of perfection, only then are you ready for this treatment.

The treatment follows:- Twice each day, morning and evening, you are to take the following exercises. Stand with the feet about two or two and a half feet apart and after applying a small amount of water and soap (to avoid friction) along the lower section of the penis,

from the rectum forward to the testicles, start forcing the blood forward toward the testicles. This is done by placing the middle fingers of the hand well back between the legs--clear back to the rectum-- and draw them forward to the testicles, pushing them as far forward as they will go without causing pain. Then use the other hand and repeat the operation.

Count as you go. Operate only as fast as you would count fairly slow, one--two--three--four--five--six--seven--eight--nine--ten. Remember, first use one hand and then the other.

After you have made ten passes forward with the hands, as mentioned above, tense this lower section of the anatomy by drawing up the rectum. Hold this tense position while you make another ten passes forward with the hands (ten, both together). Count as you did before. Count up to ten. Then relax the rectum. This can be easily done if you will force the rectum out gently as if attempting to stool and holding it out until you have completed your next ten passes forward with the hands.

These movements will quickly force the blood forward into the weak and afflicted parts, therefore, always make your movements from the rectum to the testicles. Never in the opposite direction. Press up firmly to begin with but not so hard as to cause pain or soreness afterwards. Increase the pressure slightly each day for some time to come.

In putting treatment ten into practice operate for one minute only night and morning. In a week or ten days you can increase the time to two minutes; later on to three, then to four and finally to five. Never go beyond five minutes. Immediately after the exercise (night and morning) bathe the parts in COLD water. If this is not convenient apply a COLD, wet towel for several minutes. This procedure causes a very stimulating reaction. This reaction is entirely different from the abnormal condition of cold testicles.

Some men are so situated that they can conveniently take a cold bath or shower both evening and morning. This is very fortunate; but if it is not possible do not let that bother you, do the best with what you have, soon things will begin to "break" your way, then you can indulge in as many cold baths as you care to. REMEMBER:- the cold towel or water must be applied to the afflicted parts immediately after exercise.

TREATMENT ELEVEN

For exhilarating circulation in the testicles and scrotum.

This particular treatment is intended only for advanced cases of senility. It should not be used until after the previous treatments have been utilized. It is splendid for sending large quantities of blood and incidentally Health, Life and Strength to the testicles. It is fine for older men and "old" young men.

The treatment is as follows:- Procure a small bottle of ordinary "vaseline" and apply it to the lower part of the scrotum (the bag holding the testicles). Rub it in well and wipe off very gently any excess material.

Next take a very small amount of "Capsicum Vaseline" (it comes in small tubes) and mix ONE part of it with TEN parts of the ordinary "Vaseline". Mix them together real well on any flat surface such as the bottom of a plate or a piece of glass. After you are sure that they are well mixed apply a small amount of the mixture to the lower portion of the scrotum right over the plain "Vaseline" that you previously applied. Rub the mixture in well but do not irritate.

It is not necessary to put any of the "Vaseline" on the sides of the scrotum; if you do it will get on the legs and that is not very pleasant. You can put the mixture of the two "Vaselines" on any part of the scrotum not touched by the legs or penis. Never apply the mixture to the penis; it is perfectly normal for the penis to be cold; that is, quite a bit colder than any other part of the body. The penis is not a gland and requires no great amount of blood when in a flaccid condition.

Some men have very tender skin on the scrotum; others have a somewhat tough skin. You will have to find out what your condition is before you can apply the treatment to the best advantage. The ONE part of "Capsicum Vaseline" to TEN parts of the plain "Vaseline" is just right to start with. If this does not give a nice feeling of warmth after the application for a short while it is a simple matter to keep adding the "Capsicum Vaseline" to your mixture until it is just right; that

is until it is strong enough to give a nice, pleasant, warm feeling. Some men have to keep adding the "Capsicum Vaseline" to the mixture until it is quite strong before they get the desired results but regardless of what you think your skin can stand just start with a TEN to ONE mixture--ten parts of the ordinary "Vaseline" to one part of the "Capsicum". (Capsicum is the latin word for Pepper.)

If the skin on the scrotum is irritated with rash, "poison oak", "poison ivy" or is afflicted in any way do not use the above treatment until it is entirely well.

The application can be used once a week to start; in about a month apply it twice per week; later on every other day for a while--until good results are experienced.

Start gradually and while good results will begin from the first correct application you probably will not experience any great feeling of relief for some little time; once it starts you will be assured of much success along this line. As I mentioned before, this treatment should be taken after you have taken the previous treatments; the chances are you will not have to take it at all.

OVERCOMING FLASHES OF PASSION

I am aware of the fact that as sex energy increases sudden flashes of passion are also liable to arise and do a great deal of harm unless we are prepared for just such an emergency.

Dr. William C. Sheeman, in his "Gymnastics of the Will", informs us that "During sexual desire, the blood streams are actively directed toward the sexual organs. The blood bathes and agitates the thousands of nerves here centered. Consciously or unconsciously, an outward and downward pressing of the lower abdomen occurs. The blood vessels are filled to bursting. All the life forces are bent upon spending themselves in a riotous discharge of their spiritual entities--on rushing headlong to destruction. This important fluid, the true elixer of life, should never be wasted, but re-absorbed by the system as fast as it is secreted

TREATMENT TWELVE

For quickly overcoming flashes of passion.

By Dr. Wm. G. Sheeman

"When of a sudden you are tempted by the sight of the opposite sex or its portrayal in any shape or manner ****take a full, deep breath. During this inhalation or suction of air into the lungs; the diaphragm descends, thus pushing down the stomach, intestines and sexual organs. Next, exhale, forcing out every last particle of stagnant air from your system. As you do this the abdomen will flatten out, the diaphragm will be drawn upward. Assist the movement by internally pulling in your abdomen, especially in the lower region where the sexual organs lie. Hold the breath****(until you are forced to breathe) then slowly and naturally begin again, but keep your abdomen and sexual organs pulled inward and upward. Properly performed, this movement, controlled by the brain, will not only make you master of your sexual desires, but will enable you to absolutely control the high blood pressure in the sexual organs. Thus the waste of the great energy is prevented and checked."

In Part One, "The Fear Crusher", it was explained how the elevated diaphragm caused the stomach to crush the SOLAR PLEXUS; the above treatment does this very thing but only to the extent that sexual passion is eradicated or rather mastered. This treatment first draws the blood away from the sex organs; then it applies pressure to the Solar Plexus. This latter action suspends, to a great extent by direct or reflex action, nerve energy supplying the parts. Passion is almost immediately eliminated and a great feeling of self-mastery is the result.

In performing this exercise the rectum, testicles, lower abdomen, abdomen and solar plexus must be drawn up and in as far as possible as you exhale the air from the lungs.

I most sincerely believe that this one exercise is the greatest discovery in the world for eliminating and MASTERING those terrible sexual impulses and passions experienced by so many vigorous and red-blooded men.

LIFTING UP AND PUTTING TO USE NEW SEXUAL ENERGY

When your new sex power begins to make its presence known, what are you to do with it? The law is:- what you do not use you lose. The only answer is, PUT IT TO USE--USE IT UP.

Just as soon as you become conscious of new sex energy you must start using it at once--transmuting it into health, mind power, personal magnetism and SUCCESS. Use the first of your excess power to build up your body; every part of it; every organ in it.

Some time ago the "Rays From the Rose Cross" magazine (published at Oceanside, California) contained an interesting article regarding "Transmutation Vs. The Suppression of Sex Energy". It was in part as follows:-

"When the creative forces are suppressed and not transmuted it will set up nervous disturbances and perhaps eventually bring on mental ailments. The creative force is a type of the most intense energy. It must express itself somewhere. If we bottle it up, it will break forth later in the form of what psycho-analysts call "complexes". If we waste it, it is gone forever and we have lost a valuable opportunity for self-development. But if we use it in constructive ways, for instance in the development of mind, acquiring education, the service of the race, procreation, etc. then the results will be nothing but good."

TREATMENT THIRTEEN

A treatment for lifting up and putting to use excess sex energy.

This treatment is for the lifting up and putting to use excess sexual energy. It is a treatment for the distribution of sexual energy to all parts of the body and brain; it is for the revitalizing, healing and rejuvenating effects.

While inhaling during nine counts imagine the blood carrying large quantities of elements into the testicles. Form a mental picture of it being compounded into a powerful fluid which immediately rises along the spine to the region of the solar plexus. It contacts the intruding

air from the lungs and bursts into a bright flame of tremendous energy. By this time the lungs should be filled and the energy directed to the afflicted part or parts. While holding the breath for a period of ten counts suggest, "My heart is growing stronger and stronger" or "My liver is becoming clean, young and well or any suggestion that suits you best.

In directing energy it should start at the solar plexus and radiate out to the part of the body you want revitalized; see this as a beautiful, transparent flame of BRIGHT GREEN. The mind and the spiritual man can use their colors also; but do not make the mistake of directing them to the brain. The sub-conscious mind functions to a great extent in the region of the SOLAR PLEXUS. See this flame as a BRIGHT BLUE; "Mind" all over the body and in the brain will draw upon it as it is required. YELLOW is for the spiritual man; "spirit" isn't something that exists up in the top part of the head but extends throughout the entire body; therefore let your super-conscious have a free hand in directing the YELLOW FLAME once you have caused it to come into existence in the region of the SOLAR PLEXUS.

CONCERNING "NIGHT LOSSES"

Those of you who can think back twenty years will remember the tens of thousands of "quacks" who used to be on every downtown street corner, in every vacant "Main Street" store and in most all the office buildings in the older section of town. These "specialists" reaped a fortune in just a few short years scaring men into taking their particular brand of "cure". If you will stop and remember, everything from "Beetle Juice from Jamaica" to "Tiger Fat from Tripoli" was offered as a cure. Then the day arrived when honest and intelligent physicians, writers and scientists began to expose to the public the gigantic "swindle" that was being foisted upon them. The male public "got wise" and before long all the "quacks" on "Main Street" and everywhere else began moving out--they couldn't pay their rent.

Practically none in America, even in the remote sections, now have any fear of "night losses" providing they are not unusually frequent. All a night loss indicates is more fluid in the organs than they care to retain. It is true that some men have weak sexual organs; but any one taking the treatments given heretofore need not worry

about too frequent discharges; all those taking the treatments will find their organs in a wonderfully healthy condition. For those that would like to stop them entirely I am giving the following treatment:-

TREATMENT FOURTEEN

A treatment for the overcoming of all "night losses" this very night.

The treatment is this:- DON'T SLEEP ON YOUR BACK. Sleep on your side--either side.

If you are in the habit of tossing about in your sleep and are liable to roll over on your back, tie something in the middle of the back; a towel, knotted up into a large lump with a strap through it and around the body to hold it in place, serves the purpose nicely.

CONCERNING "DAY LOSSES"

No doubt "day losses" in 999 cases out of 1000 are secretions from the prostate and several small glands surrounding the urethra between the neck of the bladder and the root portion of the penis. This fluid is said to have the base of saliva--that is it has the same elements in its composition. It is intended for lubrication and to make sterile the entire urethra from the prostate gland to the end of the penis so that the semen may pass through unhampered and uncontaminated. The urethra, in passing the urine from the bladder, is terribly befouled by the poisons cast off through the urine, thus it is necessary to overcome this, in sexual intercourse, to prevent the semen from becoming polluted.

During any kind of sexual excitement these small glands start at once pouring their fluids into the urethra, in the same way saliva flows into the mouth when one is hungry and food is thought of.

The interesting fact has been discovered that as these glands start functioning other glands in the body, especially those in the mouth secreting saliva, also start functioning. This shows that the various glands, whose secretions are similar, even though located remotely from one another have a direct connection.

Sometimes, especially when strong, alcoholic beverage is indulged in, the nerves regulating the flow of saliva will over-function and at the same moment the small glands located in the region of the prostate will also start pouring out their contents into the urethra. To the uninitiated it will seem that they have had a discharge of semen but this is not the case. No more real harm is done the sexual system by this flow than is experienced by the flow of saliva. "Quack" doctors all over the world have scared healthy men into a condition bordering on a nervous breakdown about this simple and quite natural discharge; inducing them to part with, in many cases, large sums of money for a cure (?). They pointed out very vividly that the victim was on his way to total loss of manhood--complete impotency and would probably, after all, end in the "mad-house". It wasn't long ago that such literature was permitted to be circulated.

TREATMENT FIFTEEN

If you care to bother with them the treatments for overcoming "Day Losses" consists of the following:-

1. Take treatments one to six and treatment nine of this section of THE PERSONAL LIBERTY COURSE.
2. Avoid alcoholic beverages of all kinds regardless of how little alcohol they may contain.
3. Discontinue close relationship with the opposite sex, such as dancing, kissing, etc.
4. Eat a little less food than you have been in the habit of eating. Hunger clears them up in twenty-four hours at times.
5. Either go swimming often in cold water or take hot and cold sitz baths.
6. Indulge in considerable physical exercise.

However, it makes little or no difference whether or not you take these treatments. Every young man who associates with the opposite sex has "Day losses" so why worry about anything so natural?

TREATMENT SIXTEEN

A GENERAL TREATMENT employing the sitz bath for general toning up of the organs.

If convenient and you would like to indulge in them, a few sitz baths would quicken the rejuvenation of the sex organs. Take the following treatment:-

Get two small tubs or two large pans. Place cold water in one and hot water in the other. The hot water must be as hot as you can comfortably bear; the cold water cannot be too cold after the first few mornings; fact is, ice water has been employed to a wonderful extent. Don't go to this extreme at first, however. First sit in the hot water for about one minute, then change over and sit in the cold water for three minutes. Do this several times, wipe dry and the treatment is ended until the next morning or evening, whichever you prefer.

After a while you will find that fifteen minutes of this is not too much. Always be guided by your feelings when taking any kind of a treatment; it is better to do a little less than to overdo it.

It is a very fine thing to massage the testicles after every sitz bath. You always end with sitting in the cold water for three minutes: immediately after drying knead and massage these organs until they are glowingly warm. This will help to relieve the tenderness so many men experience in the testicles. This sensitiveness is not serious but you will feel a whole lot better if you will eliminate it as much as possible.

QUESTIONS AND ANSWERS TO PART FOUR
OF
THE NEW PERSONAL LIBERTY COURSE

1. Q. What other function has the sex system other than procreation?

A. When the organs of man's sexual system function outward they are intended for the purpose of
1. Procreation

These same organs when functioning INWARD are for the purpose of (when so directed)--

1. Body building
2. Blood rejuvenation
3. Brain building
4. Mind electrification
5. Youth restoration
6. Youth prolongation
7. The generation of physical magnetism
8. The generation of mental magnetism

2. Q. Are sex carvings in an overdeveloped man to be relieved or repressed?

A. To relieve sexual cravings, in the ordinary sense means to eliminate the semen. Repression means just letting the sex desires and sexual cravings burn until they have burnt themselves out. Both systems are wrong for the man who is going to be a radiant success. In the first place to relieve sexual desires is to lose a tremendously vital force--the most dynamic force in the physical and mental world. On the other hand if it is allowed to accumulate it will cause so much bodily discomfort and mental annoyance as to totally upset the nervous system causing one to become irritable, nervous and erratic; to exercise poor judgement and do rash things in a great many instances. The correct way is to apply treatments twelve and thirteen as given in this section of THE PERSONAL LIBERTY COURSE; then turn to the last section of the course and apply the suggestions given there.

3. Q. Will total abstinence from sex activity of all kinds make me impotent?

A. Total abstinence may make one impotent if, in abstaining, he does it by suppression. To suppress sexual desires is like sealing up the safety valve on a steam boiler; the pressure rises and rises; soon the boiler is in danger of exploding but fortunately, let us say, that one of the tubes closely related to the fire box gives way. The live steam and water starts to make their escape and the fire is quenched--the explosion averted. The same thing happens in Nature, rather than blow up the brain and burn out the nervous system she "blows out a tube" and relieves the pressure. One finds that he is relieved but also finds that he possesses no "steam", no "fire".

The correct way is to transmute the excess energy into activity before we "blow out", thereby using up the powerful force just as fast as it accumulates. In other words turn your boiler steam into your engines and start the wheels of activity spinning. This is the only way you can solve your problems and master self.

WHAT YOU DO NOT USE YOU LOSE. To LIVE one must be active; to be happy, enthusiastic and worthwhile one must have a purpose in life; to be successful one must throw all of his excess energy into his ONE great undertaking, whatever that may be.

4. Q. How is one to know when his sexual organs are normal?

A. By function. Small testes, when functioning properly, will furnish the brain, blood, body and nervous system with all the energy necessary, while, on the other hand, testes much larger may have to "work overtime" to keep up with the demand made upon them.

5. Q. What other way has a man of knowing whether his testes are normal?

A. Normal testes are firm but not hard. Normal

testes make up the bulk of the scrotum. Abnormal testicles are very small and are surrounded by very large and swollen blood vessels, cords and spermatic tube. Even if the testicles are small and the veins, cords and canals are out of proportion if the individual is energetic, healthy and full of vigor HE IS NORMAL.

6. Q. I was born with only one testicle. Am I half man?

A. At an early age in the male infant's life the testicles descend from within the body and enter the scrotum or sack. If one develops much before it makes its descent it gets "hung up" on the way down; it just remains there and continues to develop along with the other one. If normal in size it can function from its elevated position as easily as the other one. Of course, if it is very much crowded and cannot expand then Nature makes up for it by making the other testicle increase to twice its normal size.

7. Q. What happens when a full-grown man sustains an injury to a testicle and has it removed?

A. Almost immediately after one testicle is removed the other one starts to increase in size in order to take care of the extra work thrown upon it. A man with one large testicle is just as much a man as the fellow with two normal ones.

8. Q. What about one large and one small testicle?

A. No man has two testicles exactly the same size. the larger always makes up for the smaller. If one is deficient in construction or function the other one grows enough to take care of the extra work thrown upon it.

9. Q. Is one good testicle all that one requires?

A. Yes.

10. Q. Are there any normal or perfect men?

- A. No man is absolutely perfect in every respect at all times. However the zone of the normal is so broad that nearly every one is partly in it.
11. Q. Can medical men or specialists tell by one's appearance whether or not he has ever practiced self-abuse?
- A. No.
12. Q. What are sex perversions?
- A. Any use of the sex life that is not normal is a perversion.
13. Q. How can these perversions be overcome?
- A. By the various treatments given in this course.
1. By practicing Part Six at all times.
 2. by practicing treatment twelve at all times.
 3. By eating less meat foods and more uncooked vegetables and fruits.
 4. Abstinence from alcohol in all forms.
 5. Doing that which you like to do in the way of interesting work.
 6. A tremendous desire to be a genius.
14. Q. What is the cause of "prematurity"?
- A. "Prematurity" in men is caused by drawing up the diaphragm and crushing the SOLAR PLEXUS. This does not hinder the motor nerves from acting but it prevents the sensory nerves from functioning. To co-ordinate the two in action the Solar Plexus must be completely relieved by lowering the diaphragm as suggested in the "THE FEAR CRUSHER", Part One of this Course. Not only the diaphragm must be lowered but the whole abdomen must be protruded to a great extent forward; at the same time the testes should be relieved of stress by relaxing the anus--a gentle pushing out as it were. Results from this method can be experienced in a very short time.

THE NEW
PERSONAL LIBERTY COURSE
FOR MEN

PART FIVE

Part Five of THE NEW PERSONAL LIBERTY COURSE clearly teaches you how to quickly and consistently rid yourself of psychological complexes by TRANS-MUTING them into Positiveness and Personal Power.

THE NEW
PERSONAL LIBERTY COURSE

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PART FIVE

"SELF-MASTERY SECTION"

Among all classes of people in the world who go to make up the human family there is no group that is more tormented and suffer greater mentally than do the timid or negative type. The mental anguish that these people continually bear up under can hardly be imagined. So fearful is it in its acute stage. These unfortunates would give anything if they could be freed from their affliction and be self-confident and able to control themselves at all times. Their greatest difficulty is in making the start; they are so fearful of putting forth the effort lest the cost be greater than the reward. They are right to a certain extent; the old time methods of changing a negative character to a positive one were extremely brutal but we do not use old time methods these days in eradicating the negative complex.

It is almost a waste of time and space to mention that in social life shy men are never bright and shining lights; they are not even good reflectors--merely drab backgrounds. They are always ill at ease and continually display their unbridled emotions even though they strive to conceal them. At every gathering, reception or social function whenever they are called upon to do their bit their negative temperament "acts up" and, as you know, they do everything from turning crimson to making almost unforgivable blunders. These blunders, to them, are social terrors, for they live through them time and time again. Spare moments that should be devoted to rest and recuperation are haunted with the remembrance of some miserable social error. The thoughtless public considers them spineless and worthy of but very little consideration.

In business life timidity exacts a heavy toll. Nothing keeps a bank account so dwarfed as shyness and timidity. Either will confuse the mind just at the moment it should be the keenest and widest awake. What

chance for success has a meek, bashful man with a "fussed" mind and a flushed face when he is dealing with a keen, clear-thinking and self-reliant individual? Only a chance in a thousand and a poor one at that.

HOW THE MIND WORKS

Before giving you the seven lessons of which this part of THE NEW PERSONAL LIBERTY COURSE consists it would be wise at this point to present as clearly as possible a very brief description of the mind's constitution or just how it functions in the three realms--CONSCIOUS, SUB-CONSCIOUS and SUPER-CONSCIOUS. This is a foundation to work on. It will make your progress much more rapid. No lengthy discussion is necessary; all we need know is a simple working knowledge of each separate division. Most folks are fairly well posted on this subject, but for the sake of those of you who are a bit "rusty" I will endeavor to quickly "brush up" your knowledge on the few important fundamentals.

You are aware of the fact that man has but one mind. This mind is divided into three divisions or rather departments--the CONSCIOUS, SUB-CONSCIOUS and SUPER-CONSCIOUS.

The CONSCIOUS realm of mind is composed of three important faculties. These faculties are so important that without them we would be as unconscious as trees, shrubs and flowers and would be unable to realize that we even exist. These three faculties are REASON, WILL and JUDGEMENT and together they make up practically our entire consciousness.

The conscious mind can be compared to the executive or head office of a large manufacturing establishment, for it is here at headquarters that REASON and JUDGEMENT sit and formulate plans. Through the agent WILL these plans are given to the sub-conscious mind to be put into operation.

The SUB-CONSCIOUS realm of mind contains many important faculties and powers. MEMORY is probably the most important faculty of all for without memory we would have nothing from which to draw our conclusions--no patterns or experiences to guide us. All through life we are constantly measuring the unknown by the known--

one thing against another.

Besides memory in the sub-conscious there are GENIUS, INTUITION, EMOTION, INSPIRATION and many other faculties. There is also power in abundance to put all of these faculties into operation. The sub-conscious is the WAREHOUSE, FACTORY and POWER HOUSE of man's mental equipment.

Since man is only partly in control of this sub-conscious realm in his present state of mental evolution he often experiences great difficulty in inducing the sub-conscious to give up any of its stored away knowledge. But man has now reached that place in time where he is beginning to force his way into the sub-conscious and compel it to recognize him as its ruler. Some day we shall be able to control our sub-conscious faculties with the same facility and ease that we now use to control the operations of the conscious realm of mind.

The WAREHOUSE department in the sub-conscious is the seat of memory. It is here that every thought, both good and bad; everything that you have spoken; every sensation you have received through any of the five senses can be found stored. These remembrances and sensations are alive. Some are very active. Those that are good we want to retain. Those that are evil we want to transmute to good.

Now comes the FACTORY division of the sub-conscious realm. We hand our plans to this department to be worked over and assembled. Soon, if we are the master, they will come back to us all "spick and span" and in a condition that far exceeds our fondest expectation but not unless our orders have been explicit, clear and forceful. The sub-conscious realm accepts orders without question and if the orders were to blow up the "factory" the sub-conscious would do its best to carry out the command. It is always dependent upon the force and momentum put into an order.

Next comes the POWER HOUSE. This is the department that generates, stores and regulates the flow of power to all the departments of mind and body. The chief engineer's name is HABIT. A very good name for him for he does everything by habit. He regulates the beating of the heart and operates the stomach, kidneys, liver and all other organs and glands of the body. He never

sleeps but continually sticks to his job. When you sleep you need not worry about him forgetting to digest your evening meal or failing to operate your lungs or to be careless about circulating the blood to all parts of your body. He's a prince of a fellow if you treat him right. While you are asleep the power house employees in cooperation with the factory squad repair the body according to plans and patterns of nature. They do not forget, however, that you are greater than nature when you assert yourself and so go to the storehouse (memory) where all your ideas, thoughts and mental pictures are stored and proceed to build into the body and brain as many of these ideas both good and bad, as they possibly can.

It is not necessary for me to discuss the SUPER-CONSCIOUS realm of mind. It is sufficient to say that through the faculties of intuition and inspiration in the sub-conscious, thoughts and ideas of a very high order, usually extremely brilliant as well as religious, are given the sub-conscious mind, which in turn, passes them over to the conscious realm. Only after we have mastered the conscious and sub-conscious to a fair degree are we ready to deal with the super-conscious.

Now that we have a good idea what the three divisions of mind consists of, what their duties are, what their special priveleges are, we can readily pick out the exact portion of the mind that has been causing all our troubles regarding fear, timidity and inferiority complexes.

As you have already surmised, deep down in the realm of the sub-conscious, in the storehouse of unconscious memory you will find the stronghold of fear, timidity and bashfulness. It is here that they hold forth in all their power and vain glory. We realize quite well that we cannot reach down and yank them out. They will not listen to reason, even though they are a part of us. Instead of trying to annihilate them we must transmute them into positiveness, forwardness and self-reliance.

The business of transmuting our negativeness into positiveness, attuning the mind to success and the art of improving our physical self will now be taken up in the following lessons.

PREPARE YOURSELF FOR SOME INTERESTING EXPERIENCES.

LESSON ONE

Get up when you wake up
and wake up when you get up.
Play the part of a friend.
The walking exercise.
Evening exercise.

You have often heard the old saying, "always be yourself". The fellow who originated it knew little about human nature or else he did not pretend it for timid folks. The first lesson begins with the interesting experience of being someone else. This will give you an idea at the beginning of how splendid it feels to be MASTER OF SELF. The better you can carry out the idea that you are another fellow the better start you will make. You must FEEL that you are the other fellow. Do your best to feel positive, at ease and as masterful as you know he would feel under the same circumstances. Playing that you are another person is one of the easiest ways of diverting the flow of power from the stagnant pools of fear, timidity and bashfulness to your positive channels--self-reliance, self-confidence and power.

In selecting the person you are to become you should choose one you are particularly fond of; one you desire to be a great deal like. The fonder you are of this person the easier it will be for you to be him. Your choice must be from among your aggressive friends. He must be up and doing; full of vigor and energy. You are to play the part of the other fellow from the moment you awaken in the morning. You are either George or Clifford, Jones or Brown or whoever you are "doubling". You must play the part well. Use your imagination and feel just as your friend would feel.

FEELING is required all the way through this Course but this feeling must be one of positive power; aggressive and dominating. It must also be pleasant. The reason why you dislike fear, timidity and bashfulness is because they are very unpleasant sensations or feelings; in other words, THEY HURT.

People have attained wonderful results in a single day by this method. All day they carried the thought of being the "other fellow"; all day they played the part and felt the part. Everything they did from the time

they awakened in the morning until they retired at night, was done with power and self-confidence. You must start the day right. Someone has aptly said that the way to achieve is to "Get up when you wake up and wake up when you get up". Get out of bed like a conquering hero.

In this lesson you are to simply cultivate positive feeling and multiply your positive qualities and powers. By getting a right start from the very beginning you will find that before long you will almost be forced to hold your surplus power in check in order to keep it from tearing things to pieces and to keep you withing the speed limit.

Now I shall give you a walking exercise. This exercise tends to discipline your walking and makes you feel the part of a REAL man before you have gone a city block. As you have no doubt surmised, this walk is different from the ordinary "shuffle-along" that most men indulge in when they start to go somewhere; neither is it a jerky, dodge-here-and-there mode of covering space indulged in by a great many nervous and timid men.

THE WALK:-

Put on that old pair of comfortable shoes. Pick out a good stretch of sidewalk or a hard country road. Start out walking in a straight line, brace up, set your feet down hard on your heels; hard enough to give you a decided vibration from head to foot. Pick your feet up "snappy" and move right along. Move faster than you ordinarily do in traveling but DON'T DOG-TROT. Take the regulation length of step--you are not trying to hang up ant mileage records. Just as soon as you feel that power flowing through you, gradually discontinue the heavy step and begin to walk lightly, keeping your speed the same. When you walk, cultivate the feeling of POWER. When you come down a stairs, come down fast enough to feel SPEED. Take the elevator up but use the stairs coming down. Don't skip any steps. Don't knock anybody down.

Man is a composite animal--spiritual, mental and physical. There is a perfect coordination among these departments if we will strive to be normal. Therefore, whatever acts for the good upon the body also acts for the good upon the mind and upon man's higher nature.

EVENING EXERCISE

From the moment you awaken in the morning until you close your eyes at night the conscious realm of mind is continually active. If it is not being used for constructive purposes it will start building "air castles", reminisce about some unimportant event or start the wheels of worry humming. To get the most out of our rest at night we must carry the day through gallantly and in power, for the way we act during the day, the things we think or the emotions we feel all are located in the storehouse of memory ready to be used as patterns by the "construction gang" in repairing the brain and body while we are in slumber.

Upon retiring, or just before--after the lights are out, pick out one of your worst mistakes or blunders of the day. Go over the event involving it and determine its cause. You will naturally want to know just why you made it. Then go over it at least three times visualizing it as it should have been. By hanging more good pictures of the same subject on the walls of the mind than bad ones it is quite obvious that you will be the winner. Your positive pictures will absorb the negative ones and only the place that they occupied will remain. The negative thoughts themselves will have lost all their power.

It is easy to feel bold, daring, powerful or self-reliant when one is tucked away in bed and the lights are out but this feeling of being master of self will make a very profound impression upon the sub-conscious realm, so much that it will start building into your personality the things and qualities you most desire.

LESSON TWO

Cultivate your speech
Evening exercise

The negative habits that timid and bashful people drift into are numerous but inactivity is probably the worst. This, of course, is due to the fact that they are so afraid they might do or say something that will cause others to laugh at them. For nothing can torment the bashful worse than to be laughed at or be held up to ridicule in the slightest way. For this reason they are not active physically. Just as soon as we become slug-

gish in our physical activities the sub-conscious realm takes the hint and proceeds to slow down the mental activities to the same speed as the physical. About the only keen thoughts the timid possess are the ones that directly pertain to their affliction.

Timid men usually talk in a rapid, incoherent manner. Not because they are quick thinkers but because they want to get it over with. Your talk should be steadied down to the point where you can think as fast as you talk. Do this and you will find that you will have little trouble in expressing your thoughts.

When you are spoken to take your time about replying and then answer in a positive and interesting manner. Taking your time about answering has at least two big advantages. First, you have time to think up a correct reply, well worded. Second, if you withhold your answer for a moment it shows right away that you are MASTER OF SELF. Grown-up folks are like children; they appreciate most what they must wait for. Of course, where the answer is simply "yes" or "no" and requires no deliberation answer immediately.

EVENING EXERCISE

For your evening exercise take another blunder of the day, go over it as you did yesterday and then visualize yourself doing it in the way you should have done it. Generate a lot of feeling of power, feel the part of a conquering chief, one whom everybody admires for his stability. Remember to put feeling into every thought and every mental picture. Good thoughts, with that feeling of power backing them up, go directly into the sub-conscious and wield a mighty force right from the moment they enter the mind. Everything you hold in mind must come from mind into manifestation. Do this tonight. Then, when you go to sleep, the "repair gang" will start right in building these good and powerful forces into your personality, brain and body.

Always, just before going to sleep, stop thinking. Lay quietly and just FEEL that you are power and self-reliance itself. Do not think of anything. Make the mind a blank. Just FEEL that you are power and master of self.

LESSON THREE

Get up the right way
Play the part of your friend
Walking exercise with additions
Ask abundant questions of friends today
Evening exercise

Today, as before, start down the side walk. Get that feeling of power generated as in previous exercises. Move over toward the middle of the side walk but stay one foot from the middle over on your own side. Speed right along on any fairly busy street. There must be sufficient pedestrians so you will meet one right after another. The first person that you will notice will be one coming down on your side of the walk. Look him right straight in the eye and with all the mental force possible command him mentally "Move over on your own side, please". If you catch his eye and give the command he will move over every time. Of course, if you do not make the silent command, or if for any reason he should not see you coming, he isn't going to move over where he belongs.

Today you will start in asking questions. There is nothing that clears up the mind so splendidly as to first find out what you want to know, put it into proper wording and then ask. Never ask any silly or impertinent questions. There are so many interesting things, so many sensible things to glean information on that it is a sin to stoop to shallow questioning.

One of the best ways of making an interesting talk or speech is to first ask a definite question, then answer it clearly and interestingly.

EVENING EXERCISE

Regarding the evening exercise, go over the day's events as before and pick out the one mistake and proceed to correct it in our regular way. You do not necessarily have to confine your transmuting process to "breaks", blunders or errors. You can attack and transmute anything that bothers you. If you are troubled with frightful dreams you can eliminate them easily providing they awaken you in time and are not caused by a heavy evening meal.

Some years ago I gained valuable knowledge from a nightmare that visited me with persistent frequency. In this particular mental monstrosity it seemed that I was crossing a bridge over a deep canyon. It was a suspension bridge made of loose planks laid across two wire cables. It was several hundred feet down to the onrushing stream. As I walked out on this improvised bridge I soon came to a place about midway where the bridge not only became very narrow but planks would be missing entirely leaving nothing but the two cables which were about a foot apart. As I continued on, a foot on each cable, they would finally merge and become one. I never went much farther than this; I usually fell off right here and awakened with sufficient shock to almost unnerve me. I never fell as far as the black, rushing waters; I always managed to awaken after falling ten or twenty feet. Every bit of this experience was so realistic that it was positively terrifying; so much so that I could not go back to sleep for what seemed hours.

I never took time to find out just what the cause of this frightful dream could be. I had a feeling that auto-suggestion would not overcome it so did not even try it but kept meditating on the question. Then, one evening, old Mrs. Nightmare came galloping back on the scene. Again I went out on the bridge, again I fell off and as usual awakened with a start that shook the bed. Just as I said to myself, "How will I overcome this?", another section of my consciousness told me in a single "flash" to walk out on the bridge and just before I got to the place where I fell off to deliberately jump off. This I did, but the first two or three times were certainly hair-raisers. After the third time it became easier and before I finished I found it very interesting, it really became fun. I do not know how many times I went through this scene but that section of my mental make-up which deals with the "filming" of horrible night scenes must have decided to go out of business entirely for never since that time have I had a single frightful dream of any kind. This was a simple case of out-doing the sub-conscious. I took the fear, terror and "teeth" and sublimated them.

I probably could have used a different method in overcoming this mental kink but I doubt if it would have been as effective in eradicating the dream so effectively and finally.

LESSON FOUR

Wake up the right way
You are still your friend
Get up the right way
Breathe the right way
Everywhere walk a foot from the center
Ask and answer questions with thought and dignity
Ask children questions. Be interesting
Evening exercise

This is the first time since you started the Course that you will be asked to talk to strangers. It won't be hard at all for the simple reason you have already mastered yourself to a considerable degree in the sub-conscious world. The manner in which you get up, breathe, walk and the confidence with which you attack your work is certainly beginning to remake the sub-conscious realm.

There is a certain class of strangers that I want you to start talking to. Just keep calm, you know that this is a painless course; it won't hurt at all. The class of strangers that I want you to engage in conversation is children. If you cannot find any strange children around where you live, go down the street a ways. It doesn't matter whether they are clean or dirty; black or white; talk to them. From now on you must "size up" every person you talk with to see how deep or how shallow his or her mentality is. Start with children; size up their age, appearance, nationality, etc. Learn as quickly as possible how much education they have had without asking them directly.

What to say will be left to you, but be sensible. Start off right. Be so interesting that the children will want you to come again. If you should run out of interesting things to say just begin to ask interesting questions; remember, no silly or impertinent ones. Newsboys are good to engage in conversation, especially after you have purchased your morning paper.

Do you ever listen to your voice when you talk? Do you speak clearly? Most timid folks "hash" their words when speaking rapidly. Do you speak low enough for the occasion? Do you speak loud enough when a stronger voice is required?

EVENING EXERCISE

After you have retired for the night and the room is perfectly dark and all is quiet, think back and recall to your mind some blunder or "accident" that you have made quite recently, one that is really embarrassing. You will probably have to go back a ways. As I have explained before, view it lightly from beginning to end to get the situation in mind. It doesn't matter when or where it took place. It doesn't have to be a mistake. An embarrassing mishap is just as good but it must be something that you have felt really humiliated over.

I want to show you how you can take the worst blunder, mistake or accident that you have ever gone through and transmute it into the greatest success. I could have given this to you in the beginning of the course but your mind would not have been ready for it then. Your conscious mind can now handle it all right and the sub-conscious is always equal to anything that your conscious mind demands of it.

Now, let us say, that you had a miserable experience at a social gathering, at a ball to be explicit. Right out in the middle of the ballroom you accidentally slipped and fell. You did it awkwardly, so badly that you have been "losing sleep" over it ever since.

You are ready now to transmute this defeat into victory. Go through the incident mentally just as it was; see all of your friends and acquaintances there; waltz, two-step or fox-trot out to the place where you fell and just before you get there deliberately slip and stumble; deliberately throw yourself to the floor. Be just as awkward and clumsy as you can. Make it much worse than the original "scene". Get up and stammer out your apologies in a crude, ridiculous way. Imagine everyone roaring with laughter but do not feel embarrassed at all. Remember you are doing this deliberately and for a purpose, but let us imagine your audience does not know this. You are a clever actor--you are putting one over on your mental audience. Soon you will give them a big surprise. Therefore, when you throw yourself to the floor remember you are soon to give your audience the surprise of their lives; feel elated over this. Go through the scene several times; exaggerate the fall widely each time; hear the riotous laughter from the

crowd. Now for the final scene. Go through it once more, fall as you did before, but this time you spring gracefully to your feet, quickly place yourself in the middle of the ballroom in front of your audience and address them:-

"Ladies and gentlemen; this little entertainment that I have just given you, which I know you have enjoyed immensely, is by no means free. Such a performance requires a great deal of practice and hard work but since you are all dear friends of mine I shall be very reasonable with you regarding my remuneration. A single dollar per person is all that I am asking". Now imagine your audience looking dumbfounded at each other; now see them beginning to understand that you were acting, not blundering. See their attitude change; hear them beginning to encore you and to cheer madly; get that feeling that comes over every great actor when he has pleased his audience. The next important step is to see your audience each reaching for his dollar; see them handing it over to you gladly as at the same time you can hear various ones compliment you (in short direct sentences)--"Your act is certainly well worth the money". "You are certainly clever". "That was the best I have ever seen". "I did not know you were such a clever actor". Etc., Etc.

You are feeling now both successful and prosperous. Keep the prosperous idea well in mind as well as the idea of becoming a success in self-reliance. Remember, poverty, in the mind, can be changed to riches just as easily as timidity can be changed to boldness.

Now, while you are still feeling elated over your successful performance see the last person handing you his money. Address the audience again:

"I have enjoyed the evening very much and I know by your attitude and quick financial response that you have been more than pleased with my contribution to the evening's entertainment. I hope that I shall have the pleasure of meeting you all again". The sub-conscious will make this victory a part of you this very night. Stop thinking and you will go right to sleep. Whenever you can't sleep just stop thinking and you will soon be in slumberland.

LESSON FIVE

Get up the right way
You are still another fellow
Breathe the right way
Walk a foot from the middle of the sidewalk
Ask children questions
Ask questions of strangers
Anecdote telling

Continue to ask questions of friends, acquaintances and strange children. The assignment for today is to start asking questions of grown-up folks. You can ask the direction about town. Stop a stranger and ask the time of day. At the post office you can ask the clerks about the mail trains arrival or departure. What does it cost to send a letter to Borneo?

One of the easiest ways to keep a conversation going is to be able to ask intelligent questions. Make a remark now and then; that is, comment on the answer that you get.

This is anecdote-telling day. You are to select an interesting anecdote, one that can be easily told. First, you are to get the story or rather the action of it fixed firmly in your mind. Memorize the action but not necessarily the exact wording. After you have done this you are ready to describe it in words. Try it out on the cat, if you wish, or if you prefer, choose a more stationary action. After this you are ready to choose your "victim" and try it out on him. You might prefer to tell it to a child first. If it isn't too long they won't mind helping you out by listening. Then try it on a friend. Tell them frankly that you suspect that they have heard it before but hasten to assure them that they never heard your version of it before.

You might just as well start telling stories right now as to reserve the pleasure for a later date. The following little story, which was published in The Washington Star, will illustrate the length of stories you are to start with. This is the story--

"A hungry traveler put his head out of a car window, as his train pulled up at a small station, and said to a boy:

"Here, boy, take this dime and get me a sandwich, will you? And, by the way, here's another dime--get a

sandwich for yourself, too".

The boy darted away and returned, munching on a sandwich just as the train was starting off. He ran to the traveler, handing him a dime, and said:

"Here's yer dime back, boss. They only had one sandwich left".

You will not find any difficulty at all in telling this story but remember that there are three people in it, or I should say, that there are three voices in it--the boy's, the traveler's and yours. To tell this story right you must change the voice from yours to the man's and then to the boy's, but you do not need to make any of them so much different from yours that the person you tell it to will not hear what you have to say but only hear how you say it. The idea is not to have your listener go away marveling at your three voices but at what you told him.

EVENING EXERCISE

Since story telling was the theme for today and since the average person is a very poor story teller, I feel that you should devote the evening, just before dropping into dreamland, to the work of seeing yourself telling that little story of the man and the sandwich and telling it properly. I know you will meet with a whole lot of success, but you are not just satisfied yet, therefore, tell your story to every person whom you have failed to interest during the day. See them delighted this time.

I have great faith in this evening exercise, whether it is transmuting a blunder, overcoming fear, eradicating timidity or indulging in the splendid art of STORY TELLING, remember, GET THE IDEA CLEARLY IN MIND. Give it to the sub-conscious in a clear way and the next thing you know as you pass down the street, people will remark one to another, "genius".

LESSON SIX

Get up the right way
You are still the other fellow
Breathe the right way
Walk a foot from the middle of the walk
Ask children questions
Ask questions of strangers
Anecdote telling
Story telling
Evening exercise

Telling anecdotes is the first step toward story telling. Story telling is the first step toward speech making. Do not think that you must become proficient in the art of telling anecdotes before you can start on short stories. Begin at once. Select an interesting one page story that will interest children eight or ten years of age. Learn to tell it; not word for word but in the same free and interesting way you would relate an experience that you have had.

Story telling is one of the finest day-time exercises we have for transmuting those who fear talking to people into genuine, enthusiastic and interesting conversationalists--the kind that are sought after.

Remember all the names of the characters in every one of your stories. Have them right on the tip of your tongue at all times. This is an interesting and easy way of concentrating on names. Remembering names is part of a self-reliant person's equipment.

Tell the story several times to the man in the looking glass. Tell it until you feel that you have all the details of the story perfectly in mind. Then select some bright boy or girl and proceed to entertain them. After having told it to several different children one at a time tell it to two or three at a time. Soon a half dozen will not be a bit too many. You will be surprised how easy it is to become accustomed to speaking before a number of folks in this way. After you have in mind a number of good, interesting stories suitable for children eight or ten years old, proceed to stock the mind with stories and interesting narrations for boys and girls from ten to fifteen years of age and then for young men and women. After this you will have to choose stories for both age and occasion; a story that might

amuse a man of a very limited education might not be of any particular interest to the college man.

In starting your story telling with children and going right up the line you will lay a perfect foundation for being interesting to all types, classes and ages of people. You will be the person that is interesting to small and great alike.

The great difficulty with timid folks is that they just will not allow themselves to become interesting. This is because they have nothing very interesting to give out. But just let them become efficient anecdote and short story tellers and they become popular at once, for the man or woman who can tell interesting things at the appropriate time is welcome everywhere.

Is it hard for you to concentrate? Is it hard for you to remember names of people? does your mind get "fuzzy" from extensive study--always taking in but never giving out? then try short story telling--it is the remedy.

You can never be entirely self-reliant until you feel that you are equal to the other fellow in regards to sarcasm. You have heard of the old saying "fight fire with fire", well, folks who have fallen into the habit of saying mean, cutting and impertinent things must be forced to sample their own medicine. Since we turn everything that is negative into positiveness in this course, we quite naturally take bits of sarcasm that come our way, turn them "inside out" and present them back to the sender with our compliments. Let me illustrate what I mean:

Two men, strangers to each other, were riding along on a train one day. The smaller of the two purchased a bag of peanuts and began to eat and enjoy them. This annoyed the big, well-dressed fellow and looking up from his newspaper he remarked, with no small amount of sarcasm, "Down where I come from they feed peanuts to hogs". The little man looked up, somewhat surprised and in a moment replied, "Is that so? Here have some".

Our little friend simply took the big fellow's sarcasm, adjusted it to fit and handed it right back to him.

Of Course, you will never have many occasions for

being cutting and sarcastic. That is, to lead the way. Sarcasm, on rare occasions, is of great assistance in helping certain, unthoughtful individuals to keep their place. Your place, in the way of sarcasm, is to become 95% perfect in your repartee. Your interest will increase as you become more and more efficient until you get to the place where your heart will almost leap for joy when you see one of a sarcastic turn of mind approaching. Your thoughts will be "another victim".

there will always be about five percent of the cutting remarks people make that you will be unable to answer but those can be met quite satisfactorily if you will keep on hand a few, good, stock phrases such as, "I don't mind that from YOU, it's your lack of training". Or you can turn to the nearest person and simply remark about the would-be sarcastic one as, "A small person with a small thought from a small mind", or simply that old one, "Consider the source".

I do not expect you to succeed gloriously at once on this for it will take some little time to quicken the mind to the place where it will function right on the spot, that is, respond instantly. But if you are interested in this idea it will help a great deal and think of the loads of fun you can have.

EVENING EXERCISE

After straightening out the worst "event" of the day, proceed to gather your mental children around you and tell them the story that you did not make a complete success of. Visualize the children grouped in front of you. Then tell the story in mental words in the most interesting way. See the children enjoy it immensely. This has a wonderful effect on the sub-conscious realm for it shows it exactly what you want done and exactly the results you desire.

Next take up the work of straightening out the sarcasm of the day. If you had more than one incident take each one separately. See the person saying his little say, then your come-back comes in strong. Don't wait until evening to think up a good reply. Do it just as soon after the "assault" as possible for this is the only way you have of showing the sub-conscious that you expect it to act quickly--to be on the alert. Your come-back must be said with force but not with malice. Never hold a

single envious or malicious thought toward anyone. Remember, every malicious thought that takes place in the mind sinks into the sub-conscious and works for your undoing and injury.

LESSON SEVEN

Get up the right way
You are still another fellow
Breathe the right way
Walk a foot from the middle of the path
Ask children questions
Ask questions of strangers
Anecdote telling
Story telling
Eradicating fear
Evening exercise

In Part Six of THE NEW PERSONAL LIBERTY COURSE entitled "Vital Success Secrets", I explained how one can easily dissipate his enthusiasm and energy, for the accomplishment of any worthwhile achievement, by telling friends or others what he expects to do, what he is planning to do or desires to accomplish. I explained that this was, to the sub-conscious realm of mind, exactly the same as doing it. In other words, it does not matter to the steam in a boiler under pressure how it escapes. It does not matter to the steam whether it escapes by the cylinders to drive the locomotive along or by way of the whistle or safety valve. Fear and worry are quite often under high pressure. They display all the characteristics of being desperate to make their escape--to express themselves. The usual way is to drive man's mental locomotive at top speed down the "spur" track of an undisciplined imagination and finally leap into the slough of despondency. But if you know how, you can let all the excess steam escape through the safety valve and whistle. The effective way is to open the safety valve and tie down the whistle. This is done in but one way--TELL YOUR TROUBLES. I must warn you, however, not to tell your troubles with the idea of seeking counsel or to gain sympathy. It is best to select some person who is not overly sympathetic but has the ability to see the funny side of every situation. Never tell your troubles and be sympathetic toward yourself or to them. You must watch yourself or you will unconsciously do this. This is the wrong way.

The RIGHT WAY is to dissipate or relieve fear and worry by taking something you fear or something you are worrying about and tell it with just as much mirth in your mind and voice as you can possibly generate. You must tell it as though it was a most amusing incident to you. Take some instance where you were "paralyzed" with fear or driven almost to distraction with worry and tell these instances to one or more friends. This is not the evening exercise. I want you to tell these instances to real, flesh-and-blood people. I want you to be so humorous that they will crave more narratives on your failures, fears, blunders and worries. Do not hesitate to tell them. It will give you a big boost in gaining self-control. But remember, if you ever tell one for sympathy or in a sad state of mind all good effects are lost.

Fear and worry cannot stand up under the mighty force of joy and mirth; no more than can Jack Frost endure the direct rays of the noon-day sun. Whatever annoys you today, whatever worries you may have had in the past, whatever you fear now, that is just the thing you want to "whistle away", to "pop off". It does not matter whether they are real troubles or imaginary.

Several years ago down in a central California city there was a young woman who had suffered for some time with the idea or thought that she was being continually followed by a man. She was followed by this imaginary man very closely and especially when she was alone. Everywhere she went the "man" followed her. She became so obsessed by the idea of being trailed that she would often suddenly whirl around to get a view of her pursuer.

When she reported the matter to a friend she was "wild eyed" and fearful of losing her mind. She was informed that she knew it was "all in the mind", she knew that there was no one following her but that did not relieve the situation any. By her expression and what she said, her friends realized that this poor woman was in a bad way mentally, though well educated and apparently in splendid health. Her friend realized that if the obsessed woman could only see the whole thing from a humorous point of view she would immediately be relieved if not free entirely.

After some explanation as to how the mind functions the friend inquired, "Do you really want to get rid of

this "man" who is forever trailing you?"

"Yes, by all means" was the woman's reply.

"Don't you think you are a little hasty in this matter"? remarked her friend. "You just told me that you have never seen this particular gentleman".

"But what difference does that make?" she asked.

"He might be good looking" replied her friend.

It took the troubled young woman only a moment to see that the situation was not serious but ridiculous. After she and her friend had had a good laugh she realized right then and there that she had lost her "man". She had opened the trap door of her mind and "he" fell through and disappeared into nothing, never to return again. Let all your fears, worries and troubles also escape by the same trap door. Joy, mirth and occasional ridicule will "give the door" to all of them.

I have entertained folks by the hour with some of my fears, worries and shortcomings but I told them in such a way that they were funny and afforded much entertainment to both my listeners and myself. This is not the best of it, though; the best of all is, these fears and troubles made their escape by the "trap door" never to return again.

Think back and remember as closely as possible just as many of your past fears as you can. Get a friend to listen and start telling them; tell one right after another. Begin with the latest one and go backwards.

Now, it doesn't matter whether you still fear them or not, they are fear thoughts just the same. Time does not count in converting fearful, hateful or envious thoughts into angelic ones. Go back and take each one and tell it in the most ridiculous way you know how. Have a good laugh with your friends and then go back to the next one and proceed to "talk it to death".

These thoughts must be expressed to someone who can see the funny side of them. Telling them to the "man" in the looking glass is not sufficient. It does not have the same beneficial effect. Let your friends ask questions, you answer them and, above all, make it a joyous

affair to both your friend and yourself.

You must go back to childhood days through your past fears, angers, timidities and blunders, but do not hurry. Take them up one at a time; a few each week. Try to visualize each event or "break" or blunder perfectly but always through the lens of mirth.

EVENING EXERCISE

The evening exercise will be rather a review of the fears that you eliminated during the day. Instead of telling them to a friend you are to visualize them in a distorted way; make them each one ridiculous. For instance, away back in childhood days you might have been badly frightened by a savage dog. Now, even at this late date, you are going to eliminate that fear from your subconscious. Imagine yourself small again, visualize the situation just as it was, but instead of having the slightest fear feel the part of boldness. Rush bravely up to the savage dog, grab him by the throat, choke him and throw him completely out of the landscape.

All other experiences must be gone over in the same manner. You must make yourself a victor in EVERYTHING you have ever undertaken or have come into contact with. Do not try to do this all at one time. Attend to your every day experiences first and then attend to past experiences whenever you have an "open evening".

QUESTIONS AND ANSWERS TO PART FIVE
OF
THE NEW PERSONAL LIBERTY COURSE

1. Q. I am a young man and my conversation at a party never seems to interest the girls. What shall I talk about? I am interested in good books, science, etc.

A. When you are at a party, ball or entertainment you will have to forget books, science, etc. and get down to the same mental level as the rest of the crowd. Entertainments are alright; I have nothing against them; they serve a purpose; they relieve the strain and stress of the day; they should be light, bright and refreshing.

When you attend a social function do so for the purpose of entertaining the other fellow; that is what he is there for--to be entertained. Never mind what you are interested in; just forget that. Find out what entertains the other fellow and you will be sought after.

My personal experience has been that you will never meet anyone at a social gathering who will make it a point to get interested in your "Line". You never need to be prepared to discuss your hobbies.

2. Q. Since practicing THE PERSONAL LIBERTY COURSE I find that I am beginning to welcome personal criticism. Is there any danger of me becoming negative in so doing?

A. "Not a chance in a million" of your becoming negative. The fact is, one is quite some distance on the positive, upward path when he begins to welcome criticism from friends. One can make their "enemies" very valuable if he can induce them to speak freely of what they think of him, which isn't hard to do.

My "enemies" have been a great help and a blessing to me in this respect. Let me ask you in what other way could you use an enemy? How else could you utilize them to your betterment?

THE NEW
PERSONAL LIBERTY COURSE
FOR MEN

PART SIX

Part Six of THE NEW PERSONAL LIBERTY COURSE contains "VITAL SUCCESS SECRETS" that every man who has achieved great and lasting success, in any line of endeavor, has used in whole or in part.

THE NEW
PERSONAL LIBERTY COURSE

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PART SIX

"VITAL SUCCESS SECRETS"

This section, Part Six, of THE NEW PERSONAL LIBERTY COURSE was formerly published in part under the title of "Vital Success Secrets". Due to the fact that it fits in so well with the regular Course it is now included as a part of it.

It is written and intended for every man regardless of his present position in life. It is for those who have attained a fair degree of success in their chosen occupation or calling. It is also intended for those who are enjoying but a few of the pleasures of a beautiful, harmonious and well rounded life, for it shows them regardless of their present condition and environment, that they can break every restraining fetter--snap every bond of hindrance and place their feet on the bright path of achievement; on the speed-way to an abundant success.

This section of the NEW Course sets forth, in plain language, simple and direct, the few important fundamentals by which success is won in the world without. Regardless of what profession one chooses, these vital success principles form a perfect base of operation. They never require more than a slight modification, if any at all, to make them readily applicable to the most unusual calling. Furthermore, to the men busily engaged in the world's work, this small but complete success course fills a place that a larger one positively could not.

Real "Vital Success Secrets" are now within your hands. Thousands have won success along these same lines. None have won success without them. You can win success too; you will win success; YOU WILL DO IT NOW.

THE FIRST SECRET OF SUCCESS

Imagine your hand being placed, palm down, upon the top of a red-hot stove. Do you know that if you had lost all power of desire you would be unable to remove your hand from the stove regardless of the physical pain it was causing you?

Desire is neither good nor bad; no more so than electricity. Both are impersonal forces. The wrong application of either of these forces make them bad, the right application makes them good.

We have arrived at that place in our mental evolution where it is not only possible but is obligatory on our parts to control our desires. No longer can we be its puppets; instead, we must master it as we have mastered other potent forces.

Often we desire ardently to do a thing which reason and judgement tell us is very detrimental to our own good. Yet the desire, uncontrolled--running wild--compels us to do that thing which is wrong and which we later regret. We often desire to do some unimportant thing which takes our fancy more than we desire doing something urgent and important and loudly calling for attention and nine times out of ten we do it--the unimportant thing--for we do not know how to control our desires.

Desire control, desire transmutation and desire creation are now being mastered and subjected to man's will for the first time. Like everything else of importance, to find out how to do a thing is the hardest part about it, but once the secret has been discovered it is absurdly simple to put into operation.

First, find out what you ought to do regardless of what desire indicates. Visualize strongly what you should do. Next breathe deeply and then exhale all the air from the lungs. The moment you desire air begin to visualize strongly the thing you ought to do; as the desire for air increases imagine this to be a desire for doing what you should do. Imagine that this desire force is now leaving your negative wish and coming over to your positive one. Now, as soon as you are actually forced to take your breath, let the air come in fairly fast and say to yourself, "I am being filled with desire to do this work". Be sure to mention what it is. Five breaths for

this exercise is sufficient for one time. Repeat, if necessary, in a minute or two.

Creating desire is different from that mentioned above, for in this case you only want to arouse desire for a certain piece of work or a certain good undertaking. Proceed as above but instead of imagining the desire leaving one thing and coming to another, imagine desire being generated as you begin to desire air. As the air rushes into your lungs FEEL desire being generated in large quantities. Just the moment you finish the exercise begin at once with determination and vigor to perform the work at hand. When you gain a little experience in desire control it will be very simple to direct it in the way it should go. From now on you can desire HEALTH, KNOWLEDGE, POWER and every good thing that goes to make an intellectual man.

Keep on the positive path in everything you do or undertake. Become perfectly grounded in the art of positiveness, self-confidence and self-reliance.

THE SECOND SECRET OF SUCCESS

This second secret or principle is a very important fact. It is one that all successful people employ. Some do not realize its importance, others are not aware that they are employing it, but nevertheless they do. This second, big success secret is simple and easy to comprehend--four words cover it--NEVER TELL YOUR PLANS. You must never waste time and enthusiasm telling others what you expect to do. This does not mean that you must go through life mum and afraid to part with information about your occupation or profession. Giving out technical information is not telling your plans.

You will find that people take a marked interest in those who keep their plans to themselves. When they know that you are doing something and do not know what it could possibly be they will invariably go to any extreme to find out. They will ask mutual acquaintances, who in turn will inquire of others and always in their minds they will take it for granted that, whatever it may be, you are doing unusually well at it.

To have people think about you in terms of success is indeed beneficial. For this reason; thoughts are things, and when they are transmitted to you from other

minds in a strong, steady, constructive stream they accelerate your thoughts and widen your scope of achievement thus tending to habilitate your mind for greater success than could otherwise be realized.

There is another and still greater reason why you should never tell your plans. That portion of the human brain where desire and enthusiasm holds forth is so constructed that when your thoughts are transmuted into words it has exactly the same effect as if you had really performed them and after you have done a thing once you cannot be half as eager and enthusiastic to do it again as you were the first time.

There is only one thing that makes us do things. That one thing is DESIRE. The greater the undertaking the greater the desire required.

Desire is a force, a very potent force and it must have an outlet. One outlet we must bar. We must not use it for conversational purposes for then it is wasted. The other outlet is action; physical, mental or spiritual or all three combined. This is the logical, useful use. Conserve and guard your desires until such a time as you can let them escape through action and you will receive the respect and admiration of the world long before you would ever have expected them otherwise.

Like the engineer of a locomotive, whose time is limited, steam must be conserved. If he opens wide the safety valve and ties down the whistle his chance of getting to his destination on time is remote. He will make plenty of noise; people will watch for him to speed by but he won't. His steam will be gone in a very short time and he will stop far short of his destination. Thus with desire power; unwittingly, you let a tremendous, creative, driving force escape every time you talk of your plans. Conserve your steam, tell no one of your plans; plug up the safety valve and shut off the whistle.

THE THIRD SECRET OF SUCCESS

Every person is talented in at least two things. That is, two things are especially adaptable for his temperament and in which he could really be successful, but in only one of these can he ever hope to be actually successful. This is due to the fact that our time upon this earth is limited; all of it is required to do one thing

well, In order to achieve much in this limited time we must employ it wisely by concentrating fully on one particular thing to which we are mostly adaptable. Therefore, the third secret of success is CONCENTRATION OF PURPOSE.

Without doubt there is one thing that is perfectly natural for you to do, one occupation which you would be delighted to make your life work. Everyone is endowed with just such a fitness but, unfortunately, it is not always clear in their minds as to just what it is. Therefore, the first thing to do is to decide what you are mostly interested in. Even if you seem to have very little talent along this line do not be discouraged; talent and ability develop by leaps and bounds where enthusiasm runs deep.

This is the way to success. Ford, Burbank, Edison and thousands of others found it in just that way, by practicing one thing--concentration. For a time you will probably have to remain at your present occupation but you can materially shorten that time by utilizing all of your spare moments in making certain beyond doubt just what it is that you are going to do and then thoroughly familiarizing yourself with it so that when opportunity knocks you are ready. Do not worry about the remuneration; all that you need for a while is sufficient food and clothing and a decent environment. You will not notice the lack of luxuries because, once started, you are thinking so much of the successful future that you have no time for dwelling on the self-denials of the present. You will realize that every sacrifice made and every effort put forth NOW toward the new undertaking will, just a little ways in the future and probably just around the corner, reward you bountifully. You will find that it is a great satisfaction to realize that you have actually found your place in life. It will elevate your spirit and give a feeling of new freedom and buoyance of mind. Even the heavy responsibilities of a vast undertaking on one's shoulders is but a feather's weight when one is genuinely in love with his work.

Great stress, these days, is being laid upon the importance of concentration. We realize fully that importance but concentration is practically impossible when one's heart and soul is not in his work. Concentration under these circumstances is the hardest kind of labor. It puts a miserable frown in the features, a furrow in

the brow and a canker in the disposition. Just the opposite is true when you are working in your own chosen field. Concentration then comes easily and naturally; in fact, so easily that you are not aware you are concentrating. Under these conditions it is actually bracing; it gives a feeling of positiveness and of being master of self.

I have made it clear, then, that the third secret of success is to know exactly what you want to do and then do it. Concentrate all of your time and attention on your life work. Remember that you must be like the locomotive engineer when he pulls out of the depot. He knows his destination. The main line is straight and clear and his time is limited. That is what you must do--get on the one line, your main line, and speed on to achievement and unlimited success.

THE FOURTH SECRET OF SUCCESS

The usual "text book rules" for friendship and success are as follows:-

- First: Be human; "Do unto others as you would have others do unto you".
- Second: Be generous; but do not let your sympathy run away with your common sense.
- Third: Be helpful; but do not accept the entire burden.
- Fourth: Be kind; but never sentimental.
- Fifth: Be interesting; but do not do all the talking, let the other fellow try it; you ask good, interesting questions.
- Sixth: Be sturdy in character; but not stubborn. Be sure you are right and stick to it.

All of these "rules" often bring good results but just as often they fail completely. There is another, a seventh and more advanced principle which is the real KEY to the secret. It is peculiar but it is unfailing. It is this:- GET THE PROSPECTIVE FRIEND TO DO SOMETHING FOR YOU.

It is a peculiar part of our mental make-up to become attached to the ones for whom we have put ourselves out to help. The favor must be something which you really need; something which you cannot, for various reasons, do for yourself. You must not think up something simply for a test; true friendship needs no deliberate test. It must be something which is going to put him to considerable trouble and take up some of his valuable time, otherwise he might do it without a thought and never remember it again. When you ask for a favor ask for a real one, something you will honestly appreciate. Then you can truthfully say how much you appreciate it, how much you value his friendship and sincerely thank him for his kindness. Under no circumstances must you tell him you are sorry to have put him to trouble. Take it for granted that he is a real friend and has done it gladly and soon he will be in the same frame of mind.

Money must not enter into this at all. If it does the whole thing falls into a commercial dealing and you lose out before you have even started. If you gain a friend he may help you, financially, in the future far more than by the loaning of a few dollars now. Never ask a merchant to cut his prices, a doctor or lawyer to waive his usual fee in the name of friendship for this falls within the bounds of charity and pity is substituted for friendship.

Friendship is the most beautiful thing in this high-speed age of nerve-wrecking business. It shows our faith in the other fellow and his in us. It is the foundation of cooperation and without cooperation the world would regress to the dark ages.

Let us follow the example of the engineer and his train. What would become of them and their load of human freight were it not for the railroad's vast cooperative system among its employees?

THE FIFTH SECRET OF SUCCESS

This world of ours is often called "The Vale of Tears". There is so much sorrow caused by unthoughtfulness which in turn is usually fostered by ignorance, that for the majority it may rightly be called so. People are continually seeking happiness but few actually find it for they explore the blind alleys of selfishness thinking that wealth is the foundation. You can help these same

people find happiness and in so doing find it for yourself a hundredfold.

Nothing makes people quite so happy and cheerful as to be appreciated, so from now on never "knock" another human being. Begin instead to boost them at every opportunity. People will love you for the praises you sing for them to others just as soon as it gets to them, which it invariably does. You may tell them personally, if you wish, the good qualities they possess but in so doing there is danger of saying too much, too often and leaving a feeling of insincerity. This, then, is the fifth secret of success--BOOST THE OTHER FELLOW TO HIS FRIENDS.

It is obvious that there is good in everyone if you will only take the trouble to look for it. Start at once looking for it and when you find it mention it to his acquaintances. Shortly one of them will tell him, then a second and a third and finally he will become impressed by the good-will you show for him and will forever feel kindly toward you whether he is far superior or far inferior to you physically, mentally or socially.

With a little practice you can train yourself to see good in people whom you thought had no good in them whatsoever. I do not mean that from behind a cloudy veil the landlord will slowly, before your eyes, change into a saint nor the hard-boiled traffic cop ascend from his platform on a pair of snow-white wings but I do say that they will appear much nearer their true selves than you have ever before seen them. When you direct kindly thoughts toward a person and cause all of his friends to think kindly of him and his friends begin to tell him that he has many good qualities, that man is going to improve, he can't help it, no matter how stupid or worthless he might actually be.

As I mentioned before, thoughts are things and are capable of becoming realities. To have a great many people thinking kindly thoughts about you is beneficial, but when you are thinking kindly thoughts about them there is no limit to the benefits. It works both ways but you are not limited, you have a field of thousands to think kindly about, to speak kindly about and you can be living in a world that is real and all-harmonious instead of existing in a "Vale of Tears". From now on, therefore, you are to broadcast the other fellows virtues.

QUESTIONS AND ANSWERS TO PART SIX
OF
THE NEW PERSONAL LIBERTY COURSE

1. Q. If "Vital Success Secrets" really help one to become successful why are they not more widely known and practiced?

A. Every successful person uses one or more or all of these secrets. The majority of successful men just vaguely realize the reason or reasons for their success. Many cannot express these secrets clearly enough to make them of any value to the other fellow. Secondly, and this is the more prevalent reason, it is because the great majority of men do not care to apply these secrets, scoffing at the idea that success is acquired by any other means than hard work or blind luck. One out of a thousand heeds the advice of men who have really succeeded. The others are too busy looking for success in blind alleys; they have no time to stop and enquire the way to financial heights where success is absolutely certain.
2. Q. At times it is necessary to discuss plans with a business partner or member of a firm. Does this not let enthusiasm escape?

A. Some will quite naturally escape but in discussing you will receive new ideas from your partner which will materially aid your plans and thus counter-balance the bad effects of telling them. Also, when you tell your plans to another member of the firm it is within the family, so to speak, what you may lose in enthusiasm he will gain in inspiration. However, when you tell your plans to an acquaintance for the sake of "popping off" enthusiasm then nothing is gained and enthusiasm is completely wasted.
3. Q. What successful men can trace their success directly to concentration on one particular thing?

A. Every really successful man.

CONCLUSION

The NEW Personal Liberty Course, as you know, is intended for men who have not gotten much out of life, not as much as they are entitled to. You realize that you have given to a greater extent than you have received. This is as it should be--you must "GIVE BEFORE YOU GET". Now that you have sown bountifully you are entitled to reap a great harvest. But you must do the reaping yourself.

From now on you are going to "cash in" on your past failures and successes--every one can be transmuted into future successes. Past success should be looked upon as a small sample of what future achievements are to be.

Success is manifested physically, spiritually, socially and financially. Start in at once on the physical man; eliminate physical fear. With Part One of the Course you can learn to master that little trick of lowering the diaphragm and relieving the Solar Plexus from the crushed condition it is in now. The Solar Plexus is known as the "body brain"--when this brain is crushed not only the entire body is in a nervous turmoil but the brain--the mental brain--as well.

Next proceed to Part Two. You will notice that the body is made up of sixteen elements (materials). You needn't bother yourself with a lot of diet rules; just be sure that you get sufficient of the sixteen elements and that is enough. Man, physically, is still a savage, therefore, eat like one--eat a few things at a meal and masticate them to a liquid.

All of the above will do little good, however, if you remain constipated. Relieve constipation now and for all time to come and you are a "new man eternally".

Once you are clean inside you will want to clean up outside. Part Three, physical magnetism, is for this purpose.

The reason so many folks are poor is because "poor folks have poor ways". Start radiating physical magnetism and you will notice at once what a tonic effect it will have on your spirit to do some thing and be something. Regardless of age be a physical magnet. So many men think that because they are seventy, eighty or

ninety they are entitled to ignore these important "rules of life".

Part Four, the sex section, is very important. Sex is intended, primarily, for procreation, but this is only a small part of its purpose. The big part is to furnish you with unlimited energy with which to cope with life and emerge successfully. Get your sexual system functioning 100% before another year rolls around.

Part Five is intended for the purpose of transmuting the negative things of your life into positive things. Once you put this method into practice you will eliminate in short order all your mental complexes. You have mental monsters still roaming at large in your sub-conscious mind that have been there since childhood. It might not be expedient right now for you to go to Africa for big game but it will be well worth your while to clean out the "big game" in your mental jungle. The ideas given in Part Five are now practiced in every civilized country. More men have "found" themselves by this method than by any other ever published. Men have been so changed for the better in a week's time that they had to take "time out" to get re-acquainted with themselves.

The "rules" given in Part Six are all important. They are not hard rules; fact is, you have probably liked most of them from the start. Some men will find it a bit hard to suddenly discontinue telling all about what they are doing or are going to do but once accomplished they will be supremely delighted at the new "working pressure" they will possess.

Now, above all things be ENTHUSIASTIC about everything you do. To prevent a disagreeable thing from making an old man of you you must like it. Remember, it is only temporary; it is only a step in your great journey to youth, success and a FUTURE.

To be eternally young you must change continually. Right now you are going to make a big change in life by making a big change in yourself. Once you have established a constant change and improvement in yourself you must start moving about and contacting new things and new people as much as possible. Start making changes. At first it will be to change to a new boarding house; going by a different route to the office, etc. Later,

you may gain a reputation as a traveler. All of which makes success certain, life alive and time tremendous.

FINALE

All things are now arrayed in great profusion before thee. If thou wouldest regain and retain thy youth; if thou wouldest magnify and electrify thy noble mind; if thou wouldest take joy in dwelling within the temple of the social elect; if thou wouldest know the ecstasy of affluence, financial, then stretch forth thy hand and possess all things abundantly.

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